

WELLNESS CLASSES 2021

January

Sleeping Better

Wednesday 13

10:30am-12pm

Relaxation & Breathing

Thursday 28

1:30-3pm

February

Stress & Worry

During COVID

Wednesday 10

3-4:30pm

Living with Chronic

Health Problems

Friday 26

11am-12:30pm

March

Exercise at Home

Monday 8

9-10:30am

Managing your Mood

Wednesday 24

10:30am-12pm

All meetings will take place online, with video

Please use this link: <https://smchealth.doxy.me/ibh>

All meetings offered in English with Spanish interpretation

Please talk to your doctor to enroll, or call 650-573-2760