

INTEGRATED BEHAVIORAL HEALTH PRESENTS

FREE WELLNESS CLASSES

<https://smchealth.doxy.me/ibh>

February

Relaxation & Breathing <i>Tuesday 13</i> 10-11:30am	Facing Worries & Panic <i>Monday 26</i> 2:30-4pm
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March

Improving Organization <i>Thursday 21</i> 9:30-11am
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April

Stress Management <i>Tuesday 16</i> 3-4:30pm	Women's Health <i>Tuesday 23</i> 10-11:30am
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May

Managing your Mood <i>Wednesday 8</i> 10-11:30am	Living Well with Chronic Pain <i>Monday 20</i> 3-4:30pm
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For up-to-date schedule and more resources, please scan:



Visit our website to watch the **Sleeping Better** class at any time!
(scan QR code)

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 and get class information, or call 650-573-2760