



SAN MATEO COUNTY HEALTH  
**SAN MATEO**  
MEDICAL CENTER

# INTEGRATED BEHAVIORAL HEALTH PRESENTS

## WELLNESS CLASSES

### WINTER 2022

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

#### January

**Facing Worries & Panic**

*Thursday 13*

**2:30-4pm**

**Sleeping Better**

*Wednesday 19*

**3:30-5pm**

#### February

**Stress Management**

*Monday 14*

**10:30am-12pm**

**Managing your Mood**

*Thursday 24*

**1:30-3pm**

#### March

**Relaxation & Breathing**

*Friday 11*

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