

WELLNESS CLASSES SPRING 2021

April

Sleeping Better

Tuesday 13

2:30-4pm

Relaxation & Breathing

Friday 30

10-11:30am

May

Coping with Grief

Friday 14

1-2:30pm

Women's Health

Thursday 27

2-3:30pm

June

**Managing your
Mood**

Wednesday 9

10:30am-12pm

Smoking Cessation

Monday 14

3-4:30pm

**Communication in
Relationships**

Friday 25

9-10:30am

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