

INTEGRATED BEHAVIORAL HEALTH PRESENTS WELLNESS CLASSES SUMMER 2022

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

July

Facing Worries & Panic

Thursday 7

1-2:30pm

**Living Well with Chronic
Pain**

Wednesday 20

3:30-5pm

August

Sleeping Better

Tuesday 2

9:30-11am

Relaxation & Breathing

Tuesday 16

2:30-4pm

September

Stress Management

Friday 2

1:30-3pm

For up-to-date schedule and more
resources, please scan:



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