

INTEGRATED BEHAVIORAL HEALTH PRESENTS

FREE WELLNESS CLASSES WINTER 2023

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

January

Managing your Mood

Thursday 12

3-4:30pm

Sleeping Better

Tuesday 24

1-2:30pm

February

Relaxation & Breathing

Wednesday 8

2:30-4pm

Overcoming Procrastination

Thursday 23

10:30am-12pm

March

Facing Worries & Panic

Monday 6

9-10:30am

Stress Management

Friday 17

8:30-10am

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