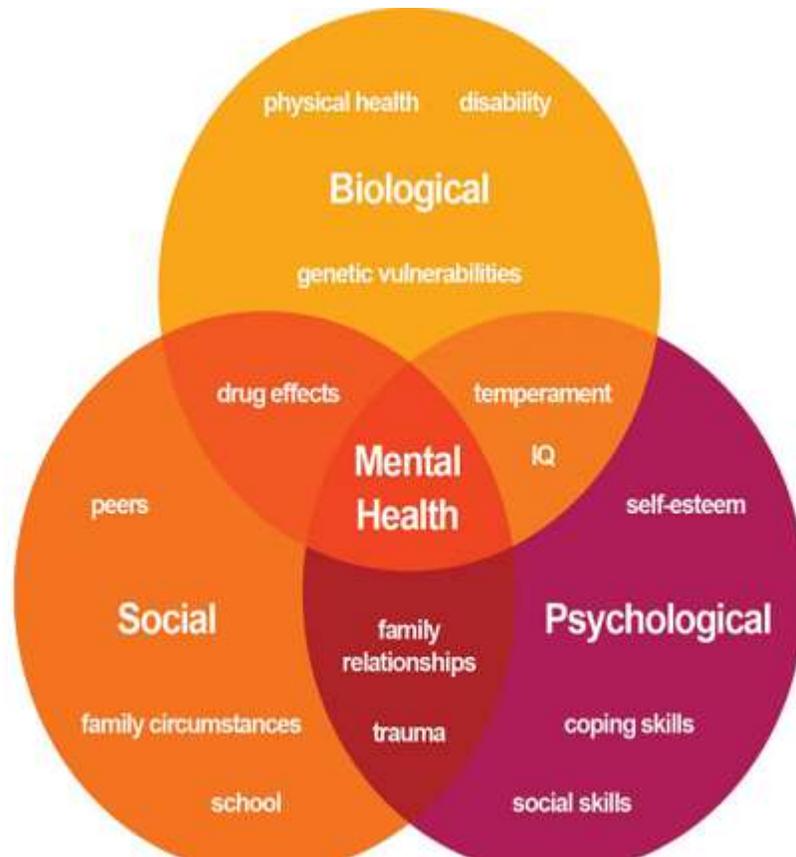


Stay Connected

With your Health!!!



BHOP offers 2 Classes weekly!!!

Tuesday: Improve Your Sleep

Thursday: Coping with
Stress, Anxiety, and Depression

Location: Family Health Clinic Time: 1500-1600 When: Starting 19 Feb 2019

Please contact the appointment line at 530-634-4750 for bookings and questions.