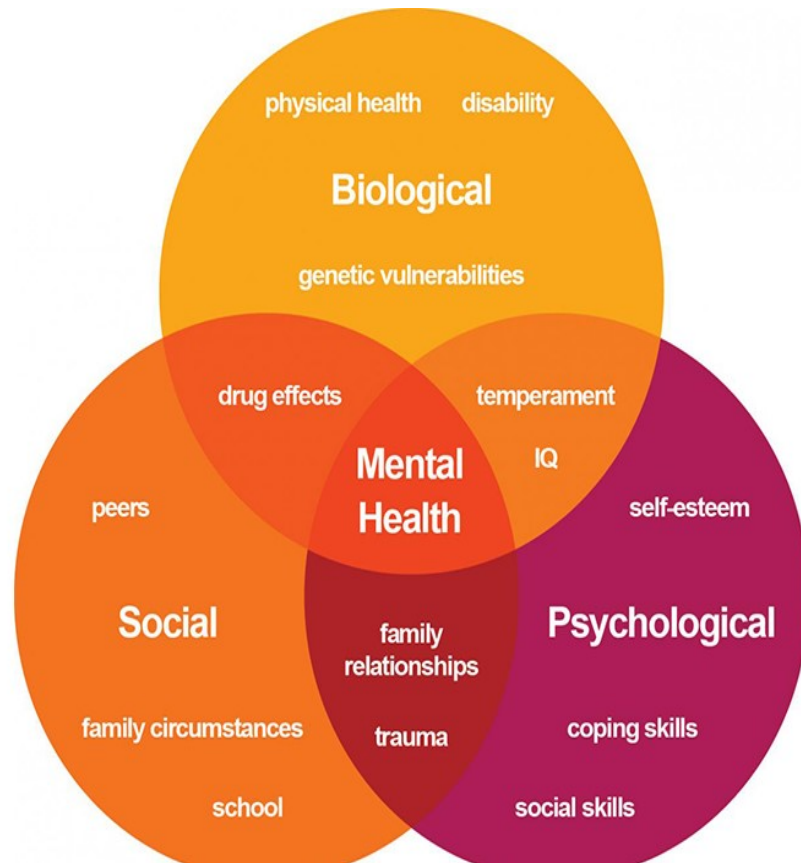


Stay Connected

With your Health!!!



BHOP offers 5 Classes weekly!!!

Monday: Anxiety Management

Tuesday: Pain Management

Wednesday: Assertiveness

Thursday: Stress/Adjustment

Friday: Sleep Hygiene

Location: Family Health Clinic Time: 1500-1600 When: Starting Sep 2018

Please contact SrA Stallworth at 530-634-4695 if you have any questions. Please feel free to leave a message on our secured phone lines.