

Rotating Workshops

Wednesday 5:30 - 7:00 pm

Updated 12/15/2020

1

Date	Class
2/3/2021	Nutrition to Tame the Flame: <i>Back to Basics</i>
2/10/2021	Nutrition to Tame the Flame: <i>Back to Basics</i>
2/17/2021	Sleep Hygiene
5/5/2021	Sleep Hygiene
5/12/2021	Nutrition to Tame the Flame: <i>Preparation for Success</i>
5/19/2021	Nutrition to Tame the Flame: <i>Preparation for Success</i>

All classes are currently virtual and will remain so for the foreseeable future or until further notice.

To participate in these workshops you must be registered/booked for class.

Please contact the Pain Management Department for additional information: **707-624-3328** or **707-651-4490**.