

Wellness Courses Available!

All sessions will be held in Room(s) 109A/109B at the DBH Administrative building located at: 303 E. Vanderbilt Way, San Bernardino CA 92415



Wellness Course – Stress Reduction:
4/5/2016 – 4:00PM – 5:00PM
or
5/31/2016 – 12:30PM – 1:30PM



Wellness Course – How to Survive
and Thrive in the
Sandwich Generation:
5/19/2016 – 8:30AM – 9:30AM



**Healthy
Eating**

Wellness Course – Healthy Eating
and Weight Management:
5/26/2016 – 1:00PM – 3:00PM

To Register:

Log on to Relias:

<http://dbh.training.reliaslearning.com>

If you need assistance with registration, please call
(800) 722-9866 or email training@dbh.sbcounty.gov

Wellness Courses are for DBH Staff only.

Please note that all participants attending this training must be in accordance with DBH Dress Code Policy



For alternate communication methods please call 800-722-9866



Behavioral Health

www.SBCounty.gov