



Free Health Workshop: Mental Health 101

Presented by Sharp HealthCare

Tuesday, October 29, 2019

11 a.m. to noon*

Lopez Ridge Recreation Center

7245 Calle Cristobal

San Diego, CA 92126

***Exercise Class 10:30 to 11 a.m.**

Mental health is essential to our well-being. At this free workshop, clinicians from Sharp Mesa Vista Hospital will discuss signs of mental illness, and share strategies to help loved ones struggling with issues such as depression, anxiety, bipolar disorder and schizophrenia.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

District 6 Councilmember Chris Cate is a proud supporter of this workshop.