



Healthy minds, Healthy lives

FREE virtual support group

Are you struggling with stress and seeking the support of others with similar experiences?

Facilitator: **Maria Gutierrez, MSW.**

Join us via [zoom.com ID# 748 299 2292](https://zoom.us/j/7482992292)

[CLICK HERE TO JOIN](#)

Date: **The 4th Wednesday of every month**

Time: **3:00 pm (ET)**

For more information email us: bewellprogram@mysanitas.com
Phone: 786-785-2282/844-665-4827

BeWell

 **Sanitas**
Medical Center

 We take your care to *heart*



BeWell



Sanitas
Medical Center

Mentes sanas, vidas sanas

Grupo de apoyo virtual GRATIS

Te sientes estresado y busca apoyo de otros con experiencias similares?

Facilitador: **Maria Gutierrez, MSW.**

Únete via zoom.com ID# 748 299 2292

DALE CLICK PARA UNIRTE

Fecha: **El cuarto miércoles de cada mes**

Hora: **4:00 pm (ET)**

Para mas información escríbenos: bewellprogram@mysanitas.com
Telefono: 786-785-2282/844-665-4827

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