

Bear River Mental Health
Brigham City House – 625 South 300 East, Brigham City, Utah

Health and Wellness Group

Monday, Wednesday, Friday 10:00 am – 12:00 pm

The objective of the group is to help clients to be more physically active and to have a better understanding of overall wellness, nutrition, fitness, and barriers to both.

Battling Boredom

Thursdays 10:00 am – 12:00 pm

Group focused on using free community events, in home activities/crafts, and other resources as a way to engage in the community and stay active and socially healthy and connected.

4/26/2022