



Northern Arizona Healthcare

# MIND OVER MOOD

## A THERAPEUTIC GROUP

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Feel happier, calmer and more confident. Learn proven, powerful and practical strategies to overcome emotional distress.

*A virtual group scheduled each  
Thursday at 1 p.m.*

**Scan the  
code for  
more info**



**or visit [NAHealth.com/BHgroups](https://NAHealth.com/BHgroups)**

**Ask your primary care provider if this group is right for you.**

**Please check to see if these sessions are covered under your insurance policy and if a copay is expected.**

**Contact Psychologist, Sherri Ruggiero, PhD, for more info:  
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