



Northern Arizona Healthcare

MIND OVER MOOD

A THERAPEUTIC GROUP

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

*Mind Over Mood is a virtual group
Every Thursdays at 1 p.m.*

Scan the
code for
more info



or visit NAHealth.com/BHgroups

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

Please check to see if this group is covered by your insurance
and if a copay is expected.

Contact Psychologist Sherri Ruggiero, PhD, for more info:
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