



Free Health Workshop: Opioids and Your Mental Health

Presented by Sharp HealthCare

Tuesday, April 16, 2019

4 to 5 p.m.

Central Library, Mary Hollis Center

330 Park Boulevard

San Diego, CA 92101

When a loved one battles with an opioid addiction, they are likely to struggle with mental health issues as well. In this free workshop led by a Sharp Mesa Vista Hospital clinician, you will learn about the difference between opiates and opioids, the most commonly used opioids, their related impact on mental health and treatment options.

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 3 Councilmember Chris Ward is a proud supporter of this workshop.