



SUN	MON	TUES	Wed	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
	<p><u>Morning Joe Chat Group</u> 9:00-10:00 a.m.</p> <p><u>Mindfulness Group</u> 10:00-11:00 a.m.</p> <p><u>Canyon Walk/in Walker</u> 11:00-12:00 p.m.</p> <p><u>NMC Hospice Appt Hrs</u> 2:00-4:00 p.m.</p>	<p><u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.</p>	<p><u>Clinician</u> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment</p> <p><u>AA Open Meeting</u> 5:00-6:00 p.m.</p>	<p><u>Family Brunch Group/ Healthy Choices</u> 9:30-11:00 a.m.</p> <p><u>Just Kidding Around Yoga</u> 11:30 a.m.-12:30 p.m.</p>	<p><u>North Mono County Hospice Appt Hrs:</u> 11:00 a.m.-1:00 p.m.</p>	
14	15	16	17	18	19	20
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21	22	23	24	25	26	27
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28	29	30				
	<p><u>Morning Joe Chat Group</u> 9:00-10:00 a.m.</p> <p><u>Mindfulness Group</u> 10:00-11:00 a.m.</p> <p><u>Canyon Walk/in Walker</u> 11:00-12:00 p.m.</p> <p><u>NMC Hospice Appt Hrs</u> 2:00-4:00 p.m.</p>	<p><u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.</p>				<p>A service of Mono County Behavioral Health and Proposition 63</p>

**Walker Wellness Center Address: 107655 Hwy 395 | Phone: (530) 495-2363**

**Mammoth Main Office Phone: (760) 924-1740**

**Description of Wellness Center Activities**

Find us online: [monocounty.ca.gov/behavioral-health/page/wellness-centers](http://monocounty.ca.gov/behavioral-health/page/wellness-centers)

Find us on Social Media: [facebook.com/Mono-County-Behavioral-Health-246837372097549/](https://facebook.com/Mono-County-Behavioral-Health-246837372097549/)

**Walker Socials:**

Join us for our monthly community dinner and social event. This is a fun, free event for all

**Arts and Crafts Group**

Create the crafts or art projects of your choice and relax at the Wellness Center while creating with friends.

**Morning Joe Chat**

Drop by for coffee, cocoa, or tea and shoot the breeze.

**Clinician Wednesdays:**

To make an appointment with our clinician, please call the main Mammoth office at 760-924-1740.

**Mindfulness Group**

Learn and practice the art of meditation and peaceful awareness. Some groups will be at the center and others at beautiful natural spots.

**Family Brunch & Crock Pot Cooking Class:**

Join us for coffee, tea and quiche on brunch dates. Crock pot cooking classes will feature homemade chili and enchiladas.

**Canyon Walk**

We will choose one of Walker's beautiful canyons to have nice spring morning walk. Bring the kids and dogs if you like.

**North Mono County (NMC) Hospice Appointment Hours**

This volunteer, community-based hospice provides non-medical in-home respite care, emotional support, practical assistance, and comfort to individuals, their families, and caregivers who are coping with a life-limiting illness. Please call 760-809-1489 to schedule an appointment and discuss the volunteer or client application process.

**Just Kidding Around Yoga**

A fun way to learn and share Yoga Nidra (deep relaxation) with children and families.

**Community Garden**

Reserve a bed in our Community Garden for the summer! Contact David at 530-495-2363 or