

SUN	MON	TUES	Wed	THUR	FRI	SAT
			1 Clinician 11:00 a.m.-4 p.m.	2 Healthy Choices/Family Brunch Group 9:30- 11:00 a.m.  Just Kidding Around Yoga 11:30- 12:30 a.m	3 North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	4
5	6	7	8	9	10	11
	Morning Joe Chat Group 9:00-10:00 a.m. Canyon Walk 10:00-11:00 a.m. Mindfulness Group 1:00-3:00 p.m. NMC Hospice Appt Hrs 2:00-4:00 p.m.	Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 10:00 a.m.-4 p.m.  AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m.  Just Kidding Around Yoga 11:30- 12:30 a.m.	North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	
12	13	14	15	16	17	18
	Morning Joe Chat Group 9:00-10:00 a.m. Canyon Walk 10:00-11:00 a.m. Mindfulness Group 1:00-3:00 p.m. NMC Hospice Appt Hrs 2:00-4:00 p.m.	Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 11:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment  AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m.  Just Kidding Around Yoga 11:30- 12:30 a.m.	North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	
19	20	21	22	23	24	25
	Morning Joe Chat Group 9:00-10:00 a.m. Canyon Walk 10:00-11:00 a.m. Mindfulness Group 1:00-3:00 p.m. NMC Hospice Appt Hrs 2:00-4:00 p.m.	Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment  AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m.  Just Kidding Around Yoga 11:30- 12:30 a.m.	North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.  Walker Social 5:30-7:30 p.m.	
26	27	28	29	30	31	
	<b>MEMORIAL DAY</b>	Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 11:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment  AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m.  Just Kidding Around Yoga 11:30- 12:30 a.m.		<b>A service of Mono County Behavioral Health and Proposition 63</b>

**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**

Take a hike with us in one of Walker's beautiful canyons. Bring the dogs and kids.

**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