**WALKER WELLNESS CENTER The Wellness Center is OPEN TO EVERYONE in the community!! November, 2014 Please join us for FREE & FUN activities!**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | **3** | **4** | **5** | **6** | **7** | **8** |
| C:\Users\wellnesscenter\Desktop\Kitten 1.png |  |  | **C:\Users\wellnesscenter\Desktop\hug yourself.png** |  |  |  |
| **9** | **10** | **11** | **12** | **13** | **14** | **15** |
|  | Wild Iris Women’s Support Group  Spanish speaking- 12pm  English-1pm | C:\Users\wellnesscenter\Desktop\Veterans day.png |  |  | Kids Art Corner  1:30pm-2:30pm |  |
| **16** | **17** | **18** | **19** | **20** | **21** | **22** |
| C:\Users\wellnesscenter\Desktop\campfire-20clipart-campfire-marshmellows-17911488.jpg |  | Kids/Teens Vocal Class Choir  4pm | C:\Users\wellnesscenter\Desktop\take care of yourself.png |  | Kids Art Corner  1:30pm-2:30pm | C:\Users\wellnesscenter\Desktop\imagesCAEDQAF1.jpg |
| **23** | **24** | **25** | **26** | **27** | **28** | **29** |
|  |  | Kids/Teens Vocal Class Choir  4pm |  | C:\Users\wellnesscenter\Desktop\Thanksgiving.png | **C:\Users\wellnesscenter\Desktop\Closed sign.jpg** |  |
| **30** |  |  |  |  |  |  |
| **.** | C:\Users\wellnesscenter\Desktop\Self care.png | Kids/Teens Vocal Class Choir  4pm |  |  |  |  |

**The Walker Wellness Center is located at 107655 Hwy. 395 (Just across the Hwy. from the Country Store) Feel free to call us at (530) 495-2363**

**A service of Mono County Mental Health and Proposition 63**

Hours of operation: Monday 8am-6pm, Wednesdays 8am-6pm, Fridays 8am-5pm (additional hours may be available by appointment only)

**WOMENS SUPPORT GROUP:** Feeling alone? There is help. Join Wild Iris for a monthly conversational support group. Discussion topics will include, but are not limited to: relationships, parenting, divorce, child custody, navigating the legal system, domestic violence, sexual assault and child abuse. A confidential and safe environment will be provided. Group will be held once a month, on the first Monday

**KIDS/TEEN VOCAL CLASS CHOIR:** Free vocal classes by an experienced instructor. Please call Kathy at 801-400-7964 to sign up.

Free of charge

**KIDS ART CORNER:** Come join us for some structured crafts activities. Materials and use of equipment are free of charge. No sign up required. *.* no sig*great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]*

nity. I look forward to meeting you