

# WALKER WELLNESS CENTER

The Wellness Center is OPEN TO EVERYONE in the community!!

## JANUARY 2012

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			<b>Open Studio</b> 9:30am-11:30am <b>Parenting Girls Support Group</b> 11:30am – 12:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
6	7	8	9	10	11	12
	<b>Knitting Circle</b> 9:30am – 10:30am <b>Open Studio</b> 10:30am – 12:00pm <b>For Women: Living with Less Stress</b> 2:00pm-3:00pm	<b>Encaustic Art</b> 9:00am-10:00am <b>Open Studio</b> 10:00pm-11:00am	<b>Parenting Girls Support Group</b> 11:30am – 12:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm			
13	14	15	16	17	18	19
	<b>Encaustic Art</b> 9:30am-10:30am <b>Open Studio</b> 10:30am-12:00pm <b>For Women: Living with Less Stress</b> 2:00pm-3:00pm	<b>Open Studio</b> 9:00am-10:00am <b>Knitting Circle</b> 10:00pm-11:00am	<b>Open Studio</b> 9:30am-11:30am <b>Parenting Girls Support Group</b> 11:30am – 12:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm			
20	21	22	23	24	25	26
	<b>Martin Luther King, Jr. Holiday</b>  <b>Offices Closed</b>	<b>Encaustic Art</b> 9:00am-10:00am <b>Open Studio</b> 10:00pm-11:00am	<b>Open Studio</b> 9:30am-11:30am <b>Parenting Girls Support Group</b> 11:30am – 12:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm			
27	28	29	30	31		
<b>A service of Mono County Behavioral Health and Proposition 63.</b>	<b>Open Studio</b> 9:30am-10:30am <b>Iris Folding Cards</b> 10:30am-12:00pm <b>For Women: Living with Less Stress</b> 2:00pm-3:00pm	<b>Open Studio</b> 9:00am-10:00am <b>Knitting Circle</b> 10:00pm-11:00am	<b>Open Studio</b> 9:30am-11:30am <b>Parenting Girls Support Group</b> 11:30am – 12:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm			

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.