Bridgeport Wellness
FALL PROGRAMMING
PROGRAMACIÓN DE OTOÑO

Memorial Hall

August 16 - November 16, 2022

MONDAYS - CLUBHOUSE LIVE 3-5
(NO MEETING 9/5/22, 10/10/22)

TUESDAYS-ART FOR ALL 6-8PM

WEDNESDAYS-ELEMENTARY MINDFULNESS 3-5

THURSDAYS-CLUBHOUSE LIVE 3-5
(NO MEETING 9/1/22, 9/22/22)

FRIDAYS-MEDITATION 3-4
(NO MEETING 11/11/22)

POTLUCK SOCIAL- 2ND THURSDAY OF EACH MONTH

LUNES - CLUBHOUSE EN VIVO 3-5
(NO MEETING 9/5/22, 10,10,22)

MARTES-ARTE PARA TODOS- 6-8PM

MIÉRCOLES-MINDFULNESS ELEMENTAL 3-5

JUEVES-CLUBHOUSE EN VIVO 3-5
(NO MEETING 9/1/22, 9/22/22)

VIERNES-MEDITACIÓN 3-4
(NO MEETING 11/11/22)

POTLUCK SOCIAL- SEGUNDO JUEVES DE CADA MES

MONO COUNTY BEHAVIORAL HEALTH
Supporting You On Your Path
Apoyandote En Tu Camino