WALKER WELLNESS NOVEMBER CALENDAR 2021

WWW.MONO.CA.GOV/WELLNESS

Fall Hikes
Explore the fall colors with David on Saturdays on a leisurely hike. Hikes are 2-3 miles. Wear sturdy shoes, bring water, kids and dogs welcome.

Men's Group
Join us a men's group exploring mindful meditation. Reset your mind and body on Wednesdays at the Walker Wellness Center.

Family Yoga
Work on stretching, flexibility, strength and mindfulness as a family. Please bring a mat and towel.

Ladies' Yoga
Start your day with a relaxing yoga session. Please bring a mat and towel.

Mommy & Me Yoga
Work on light stretching and flexibility with your little one age 0-4 years.

Brought to you by Mono County Behavioral Health and Prop 63.
Participants are required to follow all current COVID guidelines.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2			3 2:30 pm: Men's Group 4:00 pm: Family Yoga Walker Community Center	4 8:30 am: Ladies' Yoga 9:15 am: Mommy & Me Yoga	5	6 8:00 am: Fall Hikes
9			10 2:30 pm: Men's Group 4:00 pm: Family yoga	11 No class today.	12	13 8:00 am: Fall Hikes
16			17 2:30 pm: Men's Group 4:00 pm: Family yoga	18 8:30 am: Ladies' Yoga 9:15 am: Mommy & Me Yoga	**19** **5:00 pm:** **Nov. Social** **Free community meal!**	20 8:00 am: Fall Hikes
23			24 2:30 pm: Men's Group 4:00 pm: Family yoga	25	26	27
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