

WALKER WELLNESS MAY CALENDAR 2022

WWW.MONO.CA.GOV/WELLNESS



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 flexibility, strength and mindfulness as a family. Please bring a mat and towel.

Parent's Support Group

Join Ms Betty and others to discuss the wins and challenges of parenting.

Mommy & Me Yoga

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

Homeschool Fun Group

Meet and mingle with other homeschool families while playing games, practice mindfulness, and a light lunch.

YOGA AT THE PARK

Stretch, relax, and unwind.

SOCIALS

Enjoy a free community potluck and get to know your community.

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

WEDNESDAY

4
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

11
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

18
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

25
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

THURSDAY

5
9:15 am: Mommy & Me Yoga
11:00 Homeschool Fun Group

12
9:15 am: Mommy & Me Yoga
11:00 Homeschool Fun Group

19
9:15 am: Mommy & Me Yoga
11:00 Homeschool Fun Group

26
9:15 am: Mommy & Me Yoga
11:00 Homeschool Fun Group

FRIDAY

6
12:00 pm Yoga at Walker Park

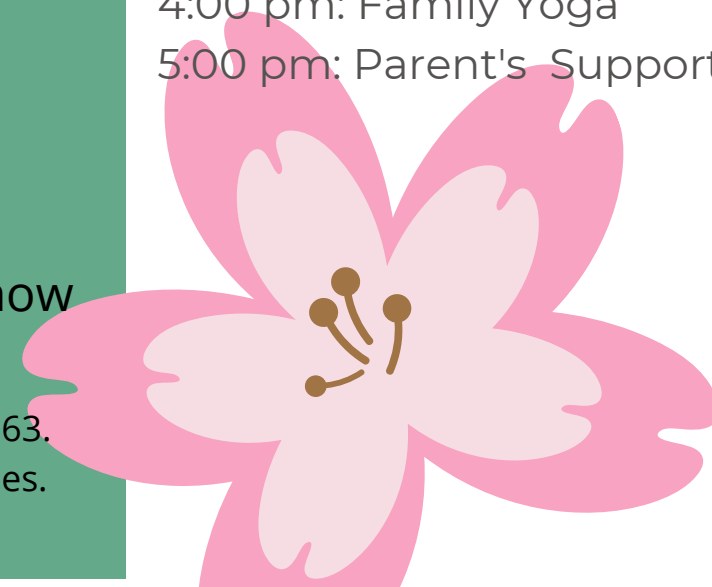
13
12:00 pm: Yoga at the Park

20
12:00 pm Yoga at the Park

27
12:00 pm: Yoga at the Park

5:00 pm: May Social
MAY SOCIAL

Register for a
community
garden plot!
bhathaway@mono.ca.gov



WALKER WELLNESS JUNE CALENDAR 2022

WWW.MONO.CA.GOV/WELLNESS



Men's Group

Reset your mind and body on Wednesdays at the Walker Wellness Center.

Family Yoga

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

Mommy & Me Yoga

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

Parent's Support Group

Join Ms Betty and others to discuss the wins and challenges of parenting.

Intro to Ukulele

Learn how to play the ukulele with Ms Betty. This class is for beginners only.

SOCIAL

Enjoy a free community potluck and get to know your community.

Flower Hikes

Come search for local wildflowers on this family friendly hike. Bring water and sunscreen.

Nutrition and Cooking

Join Ms Betty and CSS for a nutrition and cooking lesson on Wednesdays.

Summer Fun Group

Family fun with games, yoga, lunch and more!

Ladies' Yoga

Stretch, strengthen, and unwind.

WEDNESDAY

1

2:30 pm: Men's Group

4:00 pm: Family Yoga

5:00 pm: Parent's Support Group

8

2:30 pm: Men's Group

4:00 pm: Family Yoga

5:00 pm: Parent's Support Group

15

2:30 pm: Men's Group

11:00 Nutrition and Cooking Class

4:00 pm: Family Yoga

5:00 pm: Parent's Support Group

22

2:30 pm: Men's Group

11:00 Nutrition and Cooking Class

4:00 pm: Family Yoga

5:00 pm: Parent's Support Group

29

2:30 pm: Men's Group

11:00 Nutrition and Cooking Class

4:00 pm: Family Yoga

5:00 pm: Parent's Support Group

THURSDAY

2

9:15 am: Mommy & Me Yoga

11:00 Summer Fun Group

5:30 pm: Ladies' Yoga

9

9:15 am: Mommy & Me Yoga

11:00 Summer Fun Group

5:30 pm: Ladies' Yoga

16

9:15 am: Mommy & Me Yoga

11:00 Summer Fun Group

4:00 pm: Intro Ukulele

5:30 pm: Ladies' Yoga

23

9:15 am: Mommy & Me Yoga

11:00 am: Summer Fun

4:00 pm: Intro Ukulele

5:30 pm: Ladies' Yoga

30

9:15 am: Mommy & Me Yoga

11:00 am: Summer Fun

4:00 pm: Intro Ukulele

5:30 pm: Ladies' Yoga

FRIDAY

3

8:00 am: Flower Hikes

10

8:00 am: Flower Hikes

27

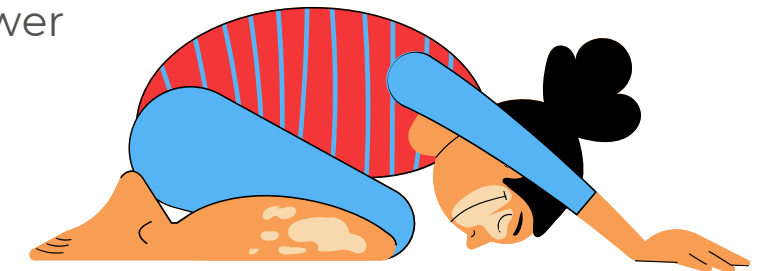
8:00 am: Flower Hikes

24

8:00 am: Flower Hikes

5:00 pm:

**JUNE
SOCIAL**



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garden plot!

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