



WALKER WELLNESS

AUGUST 15 - NOVEMBER 2022

WWW.MONO.CA.GOV/WELLNESS



Parent's Support Group

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

Men's Mindfulness

Bring sturdy shoes for a slow mindfulness walk with David. Reconnect and recenter with a nature hike.

Family Yoga

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

Intro to Ukulele

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

Ladies Yoga

Relaxing yoga session with light stretching. Please bring a mat and towel.

SOCIAL

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



WEDNESDAY

5:00 pm: Parent's Support Group

THURSDAY

6:30 am: Men's Mindfulness
9:15am: Family Yoga
4:00 pm: Intro Ukulele
5:30 pm: Ladies' Yoga

FRIDAY

SOCIAL
LAST FRIDAY OF MONTH
@5:00 pm



No Sessions on these dates
9/22/22, 11/24/22, 11/25/22

