









WALKER WELLNESS CENTER

JANUARY 2012

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

Please join us for FREE & FUN activities!

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

DESCRIPTION OF WELLNESS CENTER ACTIVITIES

KID'S ART CORNER: This activity is a perfect way to bond with your little one(s). For kids under 16, parents must be present to participate. We have a variety of arts and crafts for kids of all ages.

OPEN STUDIO: If you have a project you are working on, or if you want to learn a new craft, than this is the activity for you. This is a time to get together with others and share ideas and snacks.

Knitting Circle: Calling all knitters! No matter what type of knitting you like to do, you will be welcome into the circle. All skill levels are encouraged to join us. Please bring any projects you want to share or any current

PARENTING GIRLS SUPPORT GROUP: This group is for parents of girls from 5th grade up to high school age. Mothers and fathers are both welcome to attend to learn tools that may assist in raising your daughter to become a strong, confident and positive young lady. It is a great opportunity to share what has worked for you in specific instances and time for you to learn what the girls have shared in last years – Girl's Empowering Change Group.

Encaustic Art: Also known as hot wax painting. This Style of art is free and flowing. We use an iron looking tool to create original works of art. No two are the same. Have no fear, you can't make a mistake.

For Women: Living with Less Stress: Be able to talk about your life stressors in a safe environment. Learn various stress reduction exercises. Learn how to make choices in your life that give you the best results: caring for yourself. Learn from other women and share your life experiences to find out what stresses us and what we can do about it to maximize our happiness.

Iris Folding Cards: Iris folding is a paper folding technique using colored papers. The folded strips of paper are layered in a spiral pattern. This technique is called iris folding because the center of the design is typically finished with holographic paper and the result resembles the iris of an eye or camera. The technique originated in Holland.