





WALKER WELLNESS CENTER

MARCH 2013

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
						DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
3	4	5	6	7	8	9
	Open Studio 9:00am-10:30am Iris Folding Cards 10:30am-12:00pm	Encaustic Art 9:00am-10:00am Open Studio 10:00pm-11:00am	Open Studio 9:00am – 10:30am Walking for Wellness 10:30am – 12:30pm Kid's Art Corner 3:30pm-5:00pm			
10	11	12	13	14	15	16
	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-11:30am	Open Studio 9:00am-10:30am Walking for Wellness 10:30am – 12:30pm Kid's Art Corner 3:30pm-5:00pm		Tentative Start Date for Garden Construction 	
17	18	19	20	21	22	23
	COMMUNITY GARDEN KICK OFF 12:00pm – 2:00pm	Encaustic Art 9:00am-10:00am Open Studio 10:00pm-11:00am	Open Studio 9:00am-10:30am COMMUNITY GARDEN KICK OFF 5:00pm – 7:00pm			
24	25	26	27	28		
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-11:30am	Open Studio 9:00am-11:30am Walking for Wellness 10:30am – 12:30pm Kid's Art Corner 3:30pm-5:00pm		Tentative Garden Construction Completed 	

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. On February 20th, we will be featuring; **Brave – Disney's** movie about a courageous, Scottish Lass. Please join us!! Snacks to go with the movie will be provided!

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

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.

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.

Community Garden Kick Off: Please join us for the Community Garden Kick Off!!! This is your chance to sign up to participate. Over the next several months, we will be having a variety of workshops, like, Gardening in the Eastern Sierra, Organic Gardening, Produce Power for Kids, and Healthy Eating: seedling starting event; and

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.

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.

KID'S HEART CORNER: This activity is for all ages. We will be working on everything hearts, from baking to painting! This is in honor of all of the people in our lives that have given us a piece of their heart and who have accepted a piece of ours.