

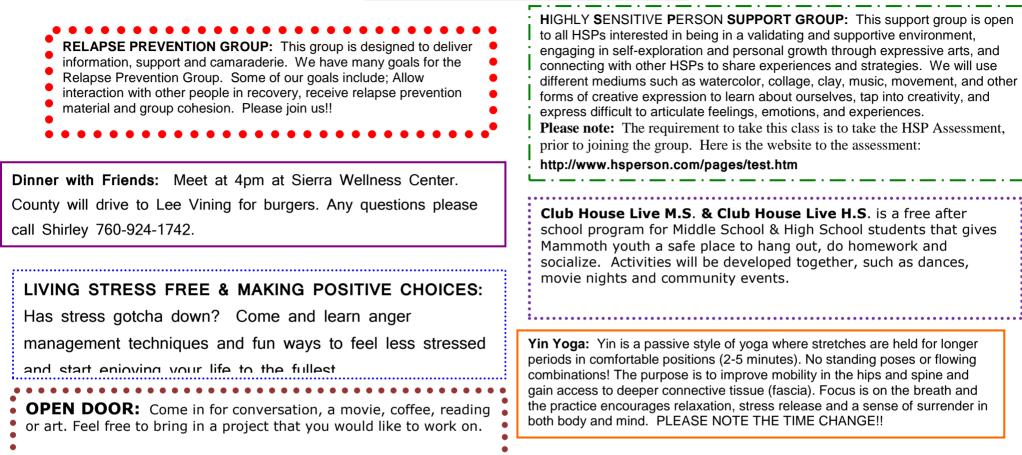
SIERRA WELLNESS CENTER

April 2013 Join us for FREE & FUN activities!

SUN	MON		TUES	WED		THUR	FRI		SAT
		1	2	3	3	4		5	6
A service of Mono County Behavioral Health and Proposition 63.	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm Open Door 1:00pm-2:30pm		HSP Support Group 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Ореп Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm		Open Door 1:00pm-3:00pm	Club House Live 2:45pm – 5:00pm		DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
7		8	9	10	D	11		12	13
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm Open Door 1:00pm-2:30pm		Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm		Open Door 1:00pm-3:00pm	Club House Live 2:45pm – 5:00pm		
14		15	16	17	7	18		19	20
	Relapse Prevention 12:00 – 1:00pm Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm		HSP Support Group 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm Dinner With Friends 4:00pm- 5:00pm		Open Door 1:00pm-3:00pm Let's Quit Together 12:00pm -1:00pm	Club House Live 2:45pm – 5:00pm		
21		22	23	24	4	25		26	27
	Relapse Prevention 12:00 – 1:00pm Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm		HSP Support Group 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm		Open Door 1:00pm-3:00pm Let's Quit Together 12:00pm -1:00pm	Club House Live 2:45pm – 5:00pm		
28		29	30						
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Our address is 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1757

DESCRIPTON OF WELLNESS CENTER ACTIVITIES



"Let's Quit Together": Studies prove that quitting tobacco is more successful when done together. "Let's Quit Together" is a chance to quit once and for all while making supportive connections. Together, we can do anything!"

Writing Down The Bones: Loosely based on the book "Writing Down the Bones" by Nathalie Goldberg, this workshop will focus on cultivating spontaneous journaling skills as a tool for self-reflection, stress management, problem solving, and creativity. Using techniques such as writing from "first thoughts" (keep your hand moving, don't cross out, just get it on paper), on listening (writing is ninety percent listening; the deeper you listen, the better you write), on using verbs (verbs provide