









WALKER WELLNESS CENTER

APRIL 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	3	4	5	6
	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			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
7	8	9	10	11	12	13
	Open Studio 9:00am-10:30am Iris Folding 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 Starting from Seeds Workshop & Seed Exchange (RSVP - 10 Max) 3:00pm – 4:00pm	Open Studio 9:00am – 10:30am Walking for Wellness 10:30am – 12:30pm Kid's Movie Corner 3:30pm-5:00pm			
14	15	16	17	18	19	20
	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 Starting from Seeds Workshop & Seed Exchange (RSVP – 10 Max) 5:30pm – 6:30pm	Starting from Seeds Workshop (RSVP - 10 people Max.) 3:30pm – 4:30pm			
21	22	23	24	25	26	27
	Wellness Center Closed 	Wellness Center Closed	Community Seed Exchange 11:30am – 12:30pm			
28	29	30				
A service of Mono County Behavioral Health and Proposition 63.	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				

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 April 10th, we will be featuring; **Wreck It Ralph**. This movie is about a video game character that wants more out of life. Please join us!! Snacks to go with the movie will be provided!

COMMUNITY SEED EXCHANGE: For those folks that do not plan on attending the Starting from Seeds Workshop, however, would like to swap seeds with others. This is a great opportunity to meet your neighbors and swap gardening tips and ideas.

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

Starting from Seeds Workshop: This is an educational workshop, where you will learn general seed starting tips. On April 9th & 16th, there will be an opportunity for those in attendance to swap seeds, for your personal gardens, so bring your extra seeds and plan on exchanging them for other seeds you may want.. We will also be asking for **Seedling Stewards** at this time. Please **R.S.V.P.**, as this is a **10 person maximum workshop**. Call (530) 495-2363 or (800) 687-1101 to reserve your spot.

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.