

WALKER WELLNESS CENTER

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

JULY 2013

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Walking for Wellness 8:30am – 10:00am Open Studio 2:00pm – 3:30pm	Encaustic Art 9:00am-10:00am	Walking for Wellness 8:30am – 10:00am Kid's Art Corner 3:30pm-5:00pm	Happy Independence Day 		DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
7	8	9	10	11	12	13
	Walking for Wellness 8:30am – 10:00am Encaustic Art 2:00pm – 3:30pm	Iris Folding Cards 9:00am-10:00am Kid's Storytime & Craft 10:00am-11:30am	No Wellness Center Classes Today			
14	15	16	17	18	19	20
	Walking for Wellness 8:30am – 10:00am Iris Folding Cards 1:30pm-3:00pm	Open Studio 9:00am-10:00am	Walking for Wellness 8:30am – 10:00am Kid's Art Corner 3:30pm-5:00pm			
21	22	23	24	25	26	27
	Walking for Wellness 8:30am – 10:00am Encaustic Art 1:30pm-3:00pm	Encaustic Art 9:00am-10:00am Kid's Storytime & Craft 10:00am-11:30am	Walking for Wellness 8:30am – 10:00am Kid's Movie Corner 3:30pm-5:00pm			
28	29	30	31			
A service of Mono County Behavioral Health and Proposition 63.	Walking for Wellness 8:30am – 10:00am Iris Folding Cards 1:30pm-3:00pm	Open Studio 9:00am-10:00am Iris Folding Cards 10:00pm-11:00am	Walking for Wellness 8:30am – 10:00am Healthy Cooking Demo 11:30am-1:30pm Kid's Art Corner 3:30pm-5:00pm Mommy Moment 7:00pm-8:00pm			

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. On July 24th, we will be featuring; **Beauty & The Beast**. Please join us!! Snacks to go with the movie will be provided!

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.

Walking For Wellness: Please come out and join us every Wednesday from 10:30am – 12:30pm, or for as long as you can dedicate to a walk. We meet on Cunningham, in front of the Curti Ranch (a little ways down Cunningham, before you reach the big curve. Look for # 951). All levels of walkers welcome. Gives you a chance to get some exercise and chat with other local walkers.

Kid's Storytime & Craft: This is an all ages class! We will be reading a story and center a craft around that story. Snacks will be provided! Crafts will be offered for all skill levels!

Healthy Cooking, Demo & Lunch: Learn how to prepare healthy, easy recipes. This month, we're going to learn about zippy zucchini.

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.

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.

MOMMY MOMENT: This time is set aside for all the mom's of children of all ages. This is a time to come and talk about whatever is on your mind. You may want to vent or you may be feeling strong and just be there for someone else. You may want to share a funny story and fill the room with laughter. Please come and join us!!