



WALKER WELLNESS CENTER

April 2014

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
		Peapod Group 12:30pm-1:30pm Overeaters Anonymous Group 6:00-7:00pm Just Do It! 7:00pm-8:00pm				DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
6	7	8	9	10	11	12
	Encaustic Art 9:00am – 10:30am	Peapod Group 12:30pm-1:30pm Overeaters Anonymous Group 6:00-7:00pm Just Do It! 7:00pm-8:00pm	Encaustic Art 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm			
13	14	15	16	17	18	19
	Breakfast Club 9:30am-11:00am Iris Folding Cards 1:30pm-3:00pm	Peapod Group 12:30pm-1:30pm Overeaters Anonymous Group 6:00-7:00pm Just Do It! 7:00pm-8:00pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm			
20	21	22	23	24	25	26
Happy Easter 		Peapod Group 12:30pm-1:30pm Overeaters Anonymous Group 6:00-7:00pm Just Do It! 7:00pm-8:00pm 	Encaustic Art 9:30am-11:00am Kid's Movie Time 3:00pm-4:30pm			
27	28	29	30			
A service of Mono County Behavioral Health and Proposition 63.	Open Studio 9:30am-11:00am Iris Folding Cards 1:30pm-3:00pm	Peapod Group 12:30pm-1:30pm Overeaters Anonymous Group 6:00-7:00pm Just Do It! 7:00pm-8:00pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm 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 April 23rd, we will be featuring a Disney Movie.

PEAPOD GROUP: Please join Chanden Tolbert-Robasciotti of the Peapod Program for this great activity. This is an opportunity to enhance your child's social and emotional development through play. It's also a great opportunity for parents to socialize. Please call Chanden at 530.208.6472, if you have questions.

Overeaters Anonymous: This is a new group, being brought to you by a member of our community, who has first experience with overeating. She will be sharing strategies that will help you focus on stopping the overeating. We will meet as a group and share our struggles and hopes and support each other!

MOMMY MOMENT: This time is set aside for all of the moms, 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 or just hang out! Please come and join us!!

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.

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.

Just Do It! Each Tuesday, a different exercise DVD will be shown, from Hip Hop Abs & Combat and other popular work out programs. This is a great opportunity to relieve stress and meet new people with fitness goals!!

Breakfast Club: Please join us for breakfast and conversation!! The menu will change each time. Menu selections, will include items like blueberry pancakes, sausage, eggs, bacon, eggs benedict and whatever else we can cook up and let's not forget the coffee!!