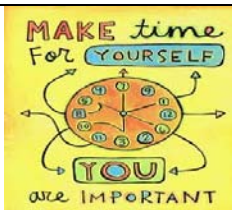
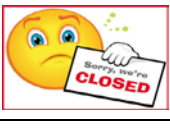
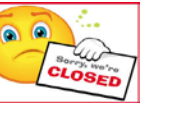
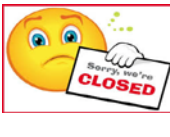
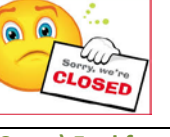


WALKER WELLNESS CENTER

July 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 			 CLOSED	DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
6	7	8	9	10	11	12
	Anger Management 4:30-5:30	Peapod Group 12:30pm-1:30pm 	Kid's Art Corner 3:00pm-4:30pm Living Stress Free 5:30-6:30pm			Reminder: Take Care of Myself
13	14	15	16	17	18	19
	Ice Cream Social/ Open House 3:00-5:00pm	Peapod Group 12:30pm-1:30pm 	Kid's Art Corner 3:00pm-4:30pm Living Stress Free 5:30-6:30pm			
20	21	22	23	24	25	26
	Anger Management 4:30-5:30	Peapod Group 12:30pm-1:30pm 	Kid's Movie Time 3:00pm-4:30pm Living Stress Free 5:30-6:30pm			
27	28	29	30	31		
	Breakfast Club 9:30am-11:00am	Peapod Group 12:30pm-1:30pm 	Kid's Art Corner 3:00pm-4:30pm Living Stress Free 5:30-6:30pm			Self Care Saturday a cup of decaf tea cuddling with pet a walk in the park a hot bubble bath finally reading a book snuggling in a comfy blanket taking a nap eating a small treat put on makeup mindfully saying no to a request buy yourself some pretty flowers What kind of self-care will you practice this weekend!

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

Hours of operation: Monday 7am-6pm, Wednesdays 8am-7pm. (additional hours may be available by appointment only)

DESCRIPTION OF WELLNESS CENTER ACTIVITIES

ANGER MANAGEMENT: Following a cognitive behavioral intervention program, Anger Management group is a group to help individuals improve their social skill competences, moral reasoning, and better manage anger, and reduce aggressive behavior.

LIVING STRESS FREE: Stress can have negative effects on our physical health as well as affect our sleeping patterns, moods and relationships. Come learn techniques to managing stress in a healthy, positive way.

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.

Ice Cream Social/Open House: Come meet our new Walker Therapist and enjoy our Ice Cream Sundae Bar or a Root Beer Float. Fill out our survey on services you would like to see offered in our community

KIDS ART CORNER. COME JOIN US FOR SOME SUMMERTIME KIDS CRAFTS. MATERIALS AND USE OF ART EQUIPMENT ARE FREE

KIDS MOVIE TIME. COME JOIN US FOR A KIDS MOVIE AND POPCORN. (FEEL FREE TO SUGGEST A MOVIE YOU WOULD LIKE TO SHARE)

BREAKFAST CLUB. STOP BY THE WELLNESS CENTER AND PARTICIPATE IN HELPING US PREPARE A HEALTHY BREAKFAST TO ENJOY TOGETHER.