



# WALKER WELLNESS CENTER 2014

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

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
		Peapod Group 12:30pm-1:30pm				
3	4	5	6	7	8	9
	Anger Management 4:30-5:30  <i>Sorry, closed due to family emergency</i>	Peapod Group 12:30pm-1:30pm  	Kid's Art Corner 3:00pm-4:30pm  <i>Sorry, closed due to family emergency</i>			
10	11	12	13	14	15	16
		Peapod Group 12:30pm-1:30pm	Kid's Art Corner 3:00pm-4:00pm  Living Stress Free 4:30-5:30pm			
17	18	19	20	21	22	23
	Anger Management 4:30-5:30	Peapod Group 12:30pm-1:30pm	Kid's afterschool snack fun 3:00pm-4:30pm  		Asian Cooking Lesson 12:30pm-2:30pm  	
24	25	26	27	28	29	30
		Peapod Group 12:30pm-1:30pm	Kid's Art Corner 3:00pm-4:00pm  Living Stress Free 4:30-5:30pm			

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 8am-6pm, Wednesdays 8am-6pm, Fridays 8am-6pm (additional hours may be available by appointment only)

**DESCRIPTION OF WELLNESS CENTER ACTIVITIES ON BACK**

**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.

**Asian Cooking Lesson:** Looking to make something different for dinner? Come join us and learn how to make one of our residents famous Pho and Spring Rolls. Pho is a popular Vietnam soup consisting of broth, linguine-shaped rice noodles, herbs and meat.

---

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

---

**KIDS AFTERSCHOOL SNACK FUN TIME.** It's the first day back to school and I'm sure the kids are looking for their afterschool snack. Come join us for some fun ways to help them create a healthy nutritious afterschool snack.