









# WALKER WELLNESS CENTER

September 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	6
	 <p>Happy Labor Day Closed</p>	<p><b>Peapod Group</b> 12:30pm-1:30pm</p>			<p><b>FREE</b> Yard sale 11am-3pm</p> <p>Walker Community Center</p>	
7	8	9	10	11	12	13
 <p>Is your Self Care being nurtured?</p>		<p><b>Peapod Group</b> 12:30pm-1:30pm</p> <p><b>Vocal Class</b> 3:30pm</p>	<p><b>Kid's Art Corner</b> 3:00pm-4:30pm</p> <p><b>Living Stress Free</b> 4:30-5:30pm</p>			
14	15	16	17	18	19	20
	<p><b>Anger Management</b> 4:30-5:30</p>	<p><b>Peapod Group</b> 12:30pm-1:30pm</p> <p><b>Vocal Class</b> 3:30p</p>	<p><b>Kid's Art Corner</b> 3:00pm-4:30pm</p> <p>(special activity making boxed cars for the kids to bring and sit in during movie night)</p>		<p>Outdoor Movie Night 7pm-9:30pm</p> <p>(Walker Park next to the Walker Community Center)</p>	
21	22	23	24	25	26	27
		<p><b>Peapod Group</b> 12:30pm-1:30pm</p> <p><b>Vocal Class</b> 3:30p</p>	<p><b>Kid's Art Corner</b> 3:00pm-4:30pm</p> <p><b>Living Stress Free</b> 4:30-5:30pm</p>			
28	29	30	1	2	3	4
	<p><b>Anger Management</b> 4:30-5:30</p>	<p><b>Peapod Group</b> 12:30pm-1:30pm</p> <p><b>Vocal Class</b> 3:30p</p>	<p><b>Kid's Art Corner</b> 3:00pm-4:30pm</p>			

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-5pm (additional hours may be available by appointment only)

**DESCRIPTON 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. Chair yoga may be incorporated into this session.

**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.

**Free Yard Sale:** Wild Iris and the Wellness center have joined forces in organizing a free yard sale for the residents of Mono County. Stop by the Walker Community Center and take what you would like. Clothing and household item available. Have something you would like to donate, contact the Wellness Center for drop off times. **Please note:** items may not be taken for resale

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

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**Outdoor Movie Night.** Come join us for a family friendly movie under the stars. Bring a blanket or lawn chair. Hot dogs and popcorn will be served.

**VOCAL CLASSES** Children, Youth, and Adult Vocal Classes and Choirs are being offered at the Walker Wellness Center by one of our wonderful volunteers. Call Kathy for registration or information at 801-400-7964