

WALKER WELLNESS CENTER

October, 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
			Anger Management Group 2pm-3pm		Kids Art Corner 1:30pm-2:30pm	Homecoming fall festival. Antelope Elementary School 11am-4pm Food, Games, Fall Fun
5	6	7	8	9	10	11
	Wild Iris Women's Support Group Spanish speaking-12pm English-1pm Chair Yoga 2pm-3pm	Kids/Teens Vocal Class Choir K-3 rd grade 4-5pm 4 th -12 th grade 5-6pm			Kids Art Corner 1:30pm-2:30pm	
12	13	14	15	16	17	18
		Kids/Teens Vocal Class Choir K-3 rd grade 4-5pm 4 th -12 th grade 5-6pm	Anger Management Group 2pm-3pm		Health Fair Coleville Military Housing 12pm-2pm	
19	20	21	22	23	24	25
		Kids/Teens Vocal Class Choir K-3 rd grade 4-5pm 4 th -12 th grade 5-6pm				Lincoln Military Housing Community Garage Sale (open to the public) 7am-1pm
26	27	28	29	30	31	
		Kids/Teens Vocal Class Choir K-3 rd grade 4-5pm 4 th -12 th grade 5-6pm	Anger Management Group 2pm-3pm		Halloween Social 2:00pm-4:00pm 	

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

Hours of operation: Monday 8am-6pm, Wednesdays 8am-6pm, Fridays 8am-5pm (additional hours may be available by appointment only)

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.

KIDS/TEEN VOCAL CLASS CHOIR: Free vocal classes by an experienced instructor. Please call Kathy at 801-400-7964 to sign up. Free of charge

WOMENS SUPPORT GROUP: Feeling alone? There is help. Join Wild Iris for a monthly conversational support group. Discussion topics will include, but are not limited to: relationships, parenting, divorce, child custody, navigating the legal system, domestic violence, sexual assault and child abuse. A confidential and safe environment will be provided. Group will be held once a month, on the first Monday

KIDS ART CORNER: Come join us for some structured crafts activities. Materials and use of equipment are free of charge. No sign up required.

CHAIR YOGA: LOW IMPACT YOGA USING A CHAIR AND EQUIPMENT PROVIDED. GREAT FOR THE BEGINNER, ELDERLY OR THOSE WITH MEDICAL CONCERNS

HALLOWEEN SOCIAL. Come join us for our Halloween Social. Food, games and a spooktacular time guaranteed