

SIERRA WELLNESS CENTER

FEBRUARY 2016

Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	Revolving Doors 8:30am-9:30am Relapse Prevention 12:00 – 1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Hispanic Women's Support Group 4:00-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
7	8	9	10	11	12	13
	Revolving Doors 8:30am-9:30am Relapse Prevention 12:00 – 1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Hispanic Women's Support Group 4:00-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
14	15	16	17	18	19	20
 Happy Valentine's Day!	 Wellness Center Closed!	Yin Yoga Stretch 1:30pm-2:30pm Hispanic Women's Support Group 4:00-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
21	22	23	24	25	26	27
	Revolving Doors 8:30am-9:30am Relapse Prevention 12:00 – 1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
28	29					
	Revolving Doors 8:30am-9:30am Relapse Prevention 12:00 – 1:00pm Club House Live 3:00pm-5:00pm					A service of Mono County Behavioral Health and Proposition 63

Our address is 52 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1740

