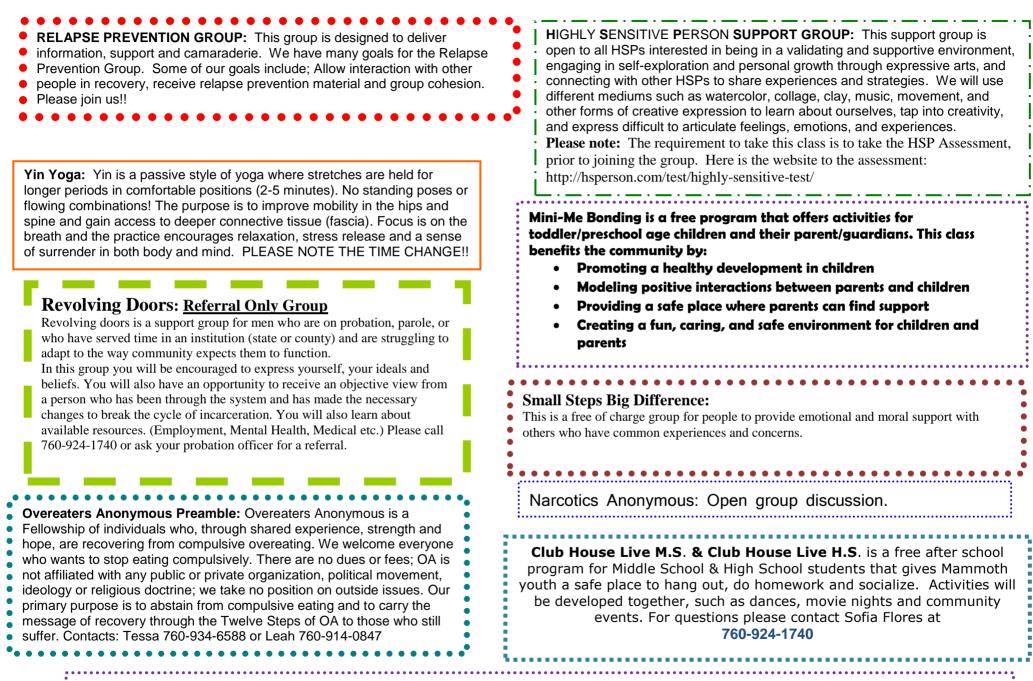
SIERRA WELLNESS CENTER

MARCH 2016 Join us for FREE & FUN activities!

SUN	MON		TUES	WED	-	THUR		FRI	SAT
			1		2		3	4	5
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK			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	
6		7	8		9		10	11	12
	No Revolving Doors today 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	Mini –Me Bonding 4:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm		Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm		No Yin Yoga Stretch today HSP Support group 2:30pm-4:00pm	
13		14	15		16		17	18	19
DAYLIGHT SAVINGS TIME	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	Mini –Me Bonding 4:00pm-5:00pm 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	
20		21	22		23		24	25	26
	Revolving Doors 8:30am-9:30am Relapse Prevention 12:00 – 1:00pm No Club House Live today 3:00pm-5:00pm		Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Mini –Me Bonding 4:00pm-5:00pm 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	
27		28	29		30	3	31		
	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	Mini –Me Bonding 4:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm	-	Wellness center closed! Cesar Chavez			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

DESCRIPTON OF WELLNESS CENTER ACTIVITIES



Hispanic Women's Support Group: This group is in Spanish only. This support group focuses on Women's issues while honoring their cultural roots and heritage. Este grupo de apoyo se enfoca en temas de mujeres tomando en consideración sus rai ces y herencias culturales.