

SIERRA WELLNESS CENTER MAY 2016 Join us for **FREE & FUN** activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
<p align="center">DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</p>	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	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	
	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 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 today HSP Support group 2:30pm-4:00pm	
15	16	17	18	19	20	21
	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	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	
22	23	24	25	26	27	28
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29	30	31				
	Wellness Center Closed 	Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm				<p align="center">A service of Mono County Behavioral Health and Proposition 63</p>

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

