

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

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK			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	
	5	6	7	8	9	10
	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	Club House Live 12:00pm-4:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm	Yin Yoga Stretch today HSP Support group 2:30pm-4:00pm	
12	13	14	15	16	17	18
	Revolving Doors 8:30am-9:30am Club House Live 12:00pm-4:00pm	Club House Live 12:00pm-4:00pm Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 12:00pm-4:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm	Relapse Prevention 12:00 – 1:00pm Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
19	20	21	22	23	24	25
	Revolving Doors 8:30am-9:30am Club House Live 12:00pm-4:00pm	Club House Live 12:00pm-4:00pm Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 12:00pm-4:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm	Relapse Prevention 12:00 – 1:00pm Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
26	27	28	29	30		
	Revolving Doors 8:30am-9:30am Club House Live 12:00pm-4:00pm	Club House Live 12:00pm-4:00pm Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 12:00pm-4:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm		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

