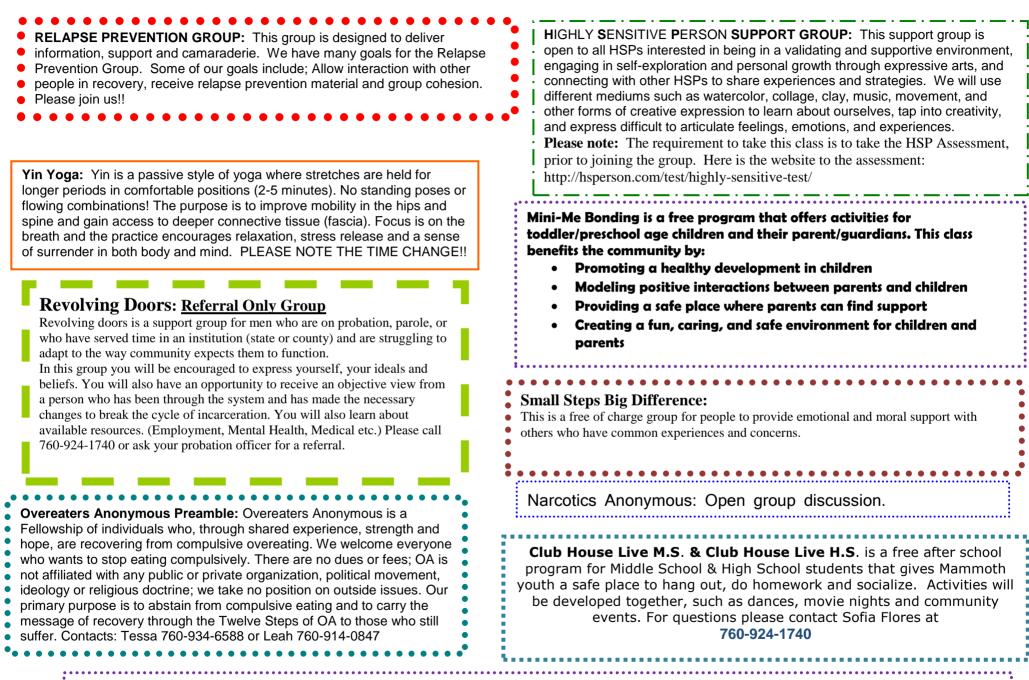
## SIERRA WELLNESS CENTER OCTOBER 2016

Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	Hello OCTOBER					
2	3	4	5	6	7	8
	Revolving Doors 8:30am-9:30am	Yin Yoga Stretch 1:30pm-2:30pm	Club House Live 12:00pm-4:00pm	Narcotics Anonymous 12:00pm-1:00pm	Relapse Prevention 12:00 – 1:00pm	
	Club House Live 3:00pm-5:00pm	Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm			
9	10	11	12	13	14	15
	COLUMBUS DAY WELLNESS CENTER IS CLOSED	Overeaters Anonymous 5:30pm-6:30pm	Club House Live 3:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm	Relapse Prevention 12:00 – 1:00pm	
16	17	18	19	20	21	22
	Revolving Doors 8:30am-9:30am	Overeaters Anonymous 5:30pm-6:30pm	Club House Live 3:00pm-5:00pm	Narcotics Anonymous 12:00pm-1:00pm	Relapse Prevention 12:00 – 1:00pm	
	Club House Live 3:00pm-5:00pm		Small Steps Big Difference 5:15pm-6:30pm			
23	24	25	26	27	28	29
30	31 Revolving Doors 8:30am-9:30am	Overeaters Anonymous 5:30pm-6:30pm	Club House Live 3:00pm-5:00pm Small Steps Big Difference	Narcotics Anonymous 12:00pm-1:00pm	Relapse Prevention 12:00 – 1:00pm Yin Yoga Stretch 1:30pm-2:30pm	A service of Mono County Behavioral Health and
	Club House Live 3:00pm-5:00pm		5:15pm-6:30pm		HSP Support group 2:30pm-4:00pm	Proposition 63

Our address is 452 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.