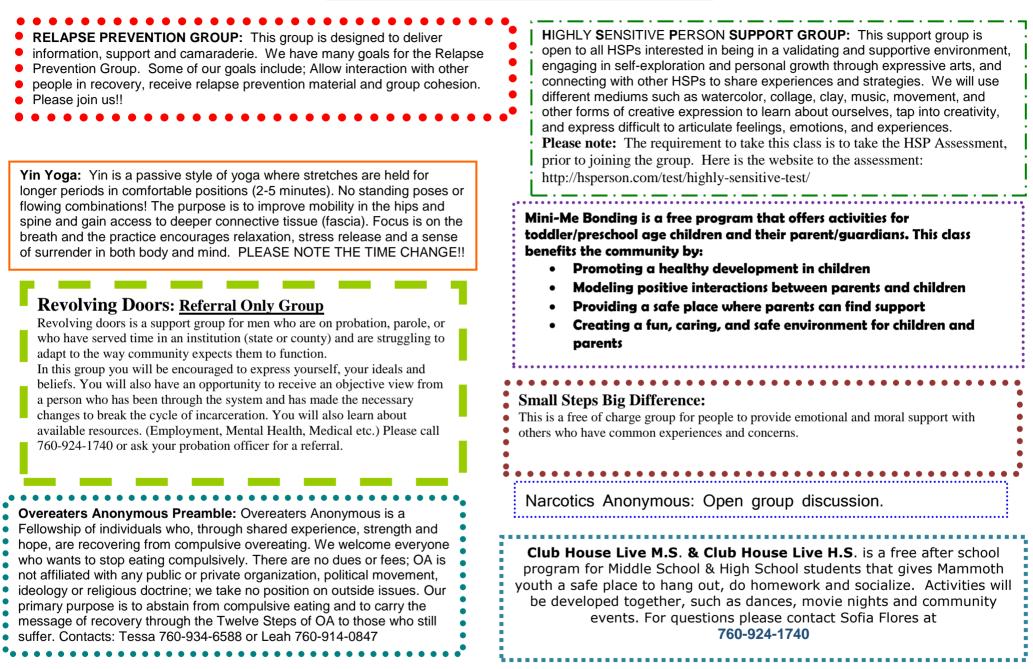
SIERRA WELLNESS CENTER NOVEMBER 2016 Join us for FREE & FUN activities!

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 Overeaters Anonymous 5:30pm-6:30pm	Craft Social 1:30pm-3:00pm 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	
6	7	8		9	10	11	12
Const to Pall Back	Revolving Doors 8:30am-9:30am Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Craft Social 1:30pm-3:00pm Club House Live 3:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm		Narcotics Anonymous 12:00pm-1:00pm	With Respect Honor and Gratitude Thank You Veterans wellness center closed	
13	14	15		16	17	18	19
	Revolving Doors 8:30am-9:30am Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Craft Social 1:30pm-3:00pm 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	
20	21	22		23	24	25	26
	Revolving Doors 8:30am-9:30am Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Craft Social 1:30pm-3:00pm Club House Live 3:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm		Thanksgiving Wellness center closed	Wellness center closed	
27	28	29		30			
	Revolving Doors 8:30am-9:30am Club House Live	Yin Yoga Stretch 1:30pm-2:30pm Overeaters Anonymous 5:30pm-6:30pm	Craft Social 1:30pm-3:00pm Club House Live 3:00pm-5:00pm Small Steps Big Difference				A service of Mono County Behavioral Health and
	3:00pm-5:00pm		5:15pm-6:30pm				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



Craft Social: Come and learn how to make simple crafts while we socialize and have fun.