

# SIERRA WELLNESS CENTER NOVEMBER 2016

Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>		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
	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		
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	 Wellness center closed	 Wellness center closed	
27	28	29	30			
	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			<b>A service of Mono County Behavioral Health and Proposition 63</b>

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

