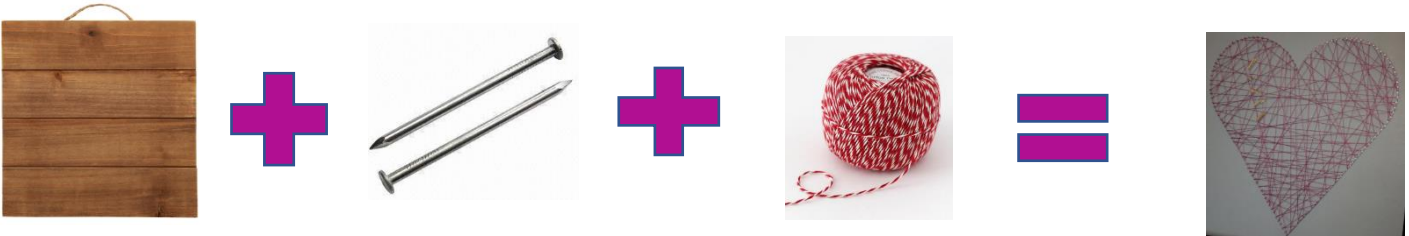


# DO IT YOURSELF WELLNESS GROUP

Twine Hearts  
February 13<sup>th</sup> 2019  
5:30-7:30 p.m.

Feeling crafty? Join us for some great conversation as we make twine hearts on wood boards. FREE! All materials are included.



Sierra Wellness Center  
452 Old Mammoth Rd Suite 211  
760.924.1740

Services provided by MCBH and Prop 63