

WALKER WELLNESS CENTER

APRIL 2013

The Wellness Center is OPEN TO EVERYONE in the community!!

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Encaustic Art 9:30am-10:30am Open Studio 10:30am-12:00pm For Women: Living with Less Stress 2:00pm-3:00pm	Open Studio 9:00am-10:00am Knitting Circle 10:00pm-11:30am	Open Studio 9:00am-10:30am Walking for Wellness 10:30am – 12:30pm Kid's Art Corner 3:30pm-5:00pm			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
7	8	9	10	11	12	13
	Open Studio 9:00am-10:30am Iris Folding 10:30am-12:00pm For Women: Living with Less Stress 2:00pm-3:00pm	Encaustic Art 9:00am-10:00am Open Studio 10:00pm-11:00am Starting from Seeds Workshop & Seed Exchange (RSVP - 10 Max) 3:00pm – 4:00pm	Open Studio 9:00am – 10:30am Walking for Wellness 10:30am – 12:30pm Kid's Movie Corner 3:30pm-5:00pm			
14	15	16	17	18	19	20
	Encaustic Art 9:30am-10:30am Open Studio 10:30am-12:00pm For Women: Living with Less Stress 2:00pm-3:00pm	Open Studio 9:00am-10:00am Knitting Circle 10:00pm-11:30am Starting from Seeds Workshop & Seed Exchange (RSVP – 10 Max) 5:30pm – 6:30pm	Starting from Seeds Workshop (RSVP - 10 people Max.) 3:30pm – 4:30pm			
21	22	23	24	25	26	27
	Wellness Center Closed 	Wellness Center Closed	Community Seed Exchange 11:30am – 12:30pm			
28	29	30				
A service of Mono County Behavioral Health and Proposition 63.	Encaustic Art 9:30am-10:30am Open Studio 10:30am-12:00pm For Women: Living with Less Stress 2:00pm-3:00pm	Open Studio 9:00am-10:00am Knitting Circle 10:00pm-11:30am				

The Walker Wellness Center is located at 107655 Hwy. 395 (Just across the Hwy. from the Country Store) Feel free to call us at (530) 495-2363!!

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