

# WALKER WELLNESS CENTER

## MAY 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
	<b>Encaustic Art</b> 9:30am-10:30am <b>Open Studio</b> 10:30am-12:00pm	<b>Open Studio</b> 9:00am-10:00am <b>Encaustic Art</b> 10:00pm-11:00am	<b>Iris Folding Cards</b> 9:00am-10:30am <b>Walking for Wellness</b> 10:30am – 12:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm <b>Produce Power</b> 5:30pm-6:30pm			<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>
5	6	7	8	9	10	11
	<b>Open Studio</b> 9:00am-10:30am <b>Iris Folding Cards</b> 10:30am-12:00pm	<b>Iris Folding Cards</b> 9:00am-10:00am <b>Open Studio</b> 10:00pm-11:00am	<b>Open Studio</b> 9:00am – 10:30am <b>Walking for Wellness</b> 10:30am – 12:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm			
12	13	14	15	16	17	18
	<b>Iris Folding Cards</b> 9:30am-10:30am <b>Bird Houses</b> 10:30am-12:00pm	<b>Open Studio</b> 9:00am-10:00am <b>Encaustic Art</b> 10:00pm-11:00am	<b>Encaustic Art</b> 9:00am – 10:30am <b>Seedling Steward Day</b> 11:30am-1:30pm <b>Walking for Wellness</b> 10:30am – 12:30pm <b>Kid's Movie Corner</b> 3:30pm-5:00pm			
19	20	21	22	23	24	25
	<b>Encaustic Art</b> 9:30am-10:30am <b>Open Studio</b> 10:30am-12:00pm	<b>Encaustic Art</b> 9:00am-10:00am <b>Open Studio</b> 10:00pm-11:00am	<b>Open Studio</b> 9:00am – 10:30am <b>Walking for Wellness</b> 10:30am – 12:30pm <b>Healthy Cooking, Demo &amp; Lunch</b> 11:30am-1:30pm <b>Kid's Art Corner</b> 3:30pm-5:00pm			
26	27	28	29	30	31	
<b>A service of Mono County Behavioral Health and Proposition 63.</b>	<b>Wellness Center Closed</b>  <b>Memorial Day</b>	<b>Open Studio</b> 9:00am-10:00am <b>Iris Folding Cards</b> 10:00pm-11:00am	<b>Wellness Center Closed Due to a Special Project</b>			

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!!

A service of Mono County Mental Health and Proposition 63.