

# Walker Wellness Center

# March 2020

# Join us for fun and free activities

SUN	MON	TUES	WED	THUR	FRI	SAT
1 	2	3 Closed Groups 8:00 a.m.-12:00 p.m.	4 Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment.	5 Keto cooking class 11:30-12:30 Mindfulness Group 1:00 p.m.-1:30 p.m. Family Arts & Crafts 2:30 -4:30 p.m.	6 Mommy & Me Yoga 9:30-10:00 a.m. Peapod Playgroup 10:00-11:00 a.m. Lunch 11:00 a.m.-12:00 p.m.	7 Drop-In/Brunch 9:30 a.m.-12:30 p.m.
8	9	10 Closed Groups 8:00 a.m.-12:00 p.m.	11 Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment.	12 Closed for Staff Development Day See You Friday!!	13 Mommy & Me Yoga 9:30-10:00 a.m. Peapod Playgroup 10:00-11:00 a.m. Lunch 11:00 a.m.-12:00 p.m.	14 Drop-In/Brunch 9:30 a.m.-12:30 p.m.
15 	16 Nutrition & Cooking Class 11:00-1:00 p.m.	17 Closed Groups 8:00 a.m.-12:00 p.m.	18 Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment.	19 Keto cooking class 11:30-12:30 Mindfulness Group 1:00 p.m.-1:30 p.m. Family Arts & Crafts 2:30 -4:30 p.m.	20 Mommy & Me Yoga 9:30-10:00 a.m. Peapod Playgroup 10:00-11:00 a.m. Lunch 11:00 a.m.-12:00 p.m.	21 Drop-In/Brunch 9:30 a.m.-12:30 p.m.
22	23	24 Closed Groups 8:00 a.m.-12:00 p.m.	25 Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment.	26 Keto cooking class 11:30-12:30 Mindfulness Group 1:00 p.m.-1:30 p.m. Family Arts & Crafts 2:30 -4:30 p.m.	27 Mommy & Me Yoga 9:30-10:00 a.m. Peapod Playgroup 10:00-11:00 a.m. Lunch 11:00 a.m.-12:00 p.m. Walker Social 5:00-7:00 p.m.	28 Drop-In/Brunch 9:30 a.m.-12:30 p.m.
29 A service of Mono County Behavioral Health and Proposition 63	30 Nutrition & Cooking Class 11:00-1:00 p.m.	31 Holiday Closed Today				

**Walker Wellness Center Address: 107655 Hwy 395 | Phone: (530) 495-2363**

**Mammoth Main Office Phone: (760) 924-1740**

**Description of Wellness Center Activities**

Find us online: [monocounty.ca.gov/behavioral-health/page/wellness-centers](http://monocounty.ca.gov/behavioral-health/page/wellness-centers)

Find us on Social Media: [facebook.com/Mono-County-Behavioral-Health-246837372097549/](https://facebook.com/Mono-County-Behavioral-Health-246837372097549/)

**Walker Socials:**

Join us for our monthly community dinner and social event. This is a fun, free event for all ages!

**Mindfulness Group**

Learn and practice the art of meditation and peaceful awareness. Some groups will be held at the center and others at beautiful natural spots.

**Drop-In/ Brunch**

Come by and engage in any activity you choose: games, arts and crafts, or just good conversation. We will provide homemade goodies.

**KETO Cooking Class**

We cook up something new every week. You will leave with a recipe and a keto meal.

**Family Arts & Crafts from Pinterest**

Drop by bring your kids or just hang out and have some coffee/juice and homemade pasties. All ages!

**Clinician Wednesdays:**

To make an appointment with our clinician, please call the main Mammoth office at 760-924-1740.

**Mommy & Me Yoga**

A fun way to learn and share Yoga Nidra (deep relaxation) and fun with children and families. We have mats!

**Peapod Playgroup**

Join the Walker/Coleville Peapod Playgroup hosted by First 5! Connect with parents and children in your area. All Mono County expecting parents and families with children birth to five are invited to participate!

**Cooking Class**

Come and join our partner, Community Services Solutions for a Cooking Class & Nutrition Lesson! Bring the family!