

# WALKER WELLNESS AUGUST CALENDAR 2022

[WWW.MONO.CA.GOV/WELLNESS](http://WWW.MONO.CA.GOV/WELLNESS)



## Parent's Support Group

Join Ms Betty and others to discuss the wins and challenges of parenting.

## Men's Mindfulness

Bring sturdy shoes for a slow mindfulness walk with David. Reconnect and recenter with a nature hike.

## Family Yoga

Work on flexibility, strength and mindfulness as a family. Please bring a mat and towel.

## Intro to Ukulele

Enjoy a free community potluck and get to know your community.

## SOCIAL

Enjoy a free community potluck and get to know your community.



### WEDNESDAY

3  
5:00 pm: Parent's Support Group

10  
No Classes This Week

17  
5:00 pm: Parent's Support Group

24  
5:00 pm: Parent's Support Group

31  
5:00 pm: Parent's Support Group

### THURSDAY

4  
6:30 am: Men's Mindfulness  
9:30 am: Family Yoga  
4:00 pm: Intro Ukulele  
5:30 om: Yoga

11  
6:30 am: Men's Mindfulness

18  
6:30 am: Men's Mindfulness  
9:30 am: Family Yoga  
4:00 pm: Intro Ukulele  
5:30 om: Yoga

25  
6:30 am: Men's Mindfulness  
9:30 am: Family Yoga  
4:00 pm: Intro Ukulele  
5:30 om: Yoga

Sept 1  
6:30 am: Men's Mindfulness  
9:30 am: Family Yoga  
4:00 pm: Intro Ukulele  
5:30 om: Yoga

### FRIDAY

5

12

28

26  
5:00 pm:  
**August  
SOCIAL**

