

WALKER WELLNESS FEBRUARY CALENDAR 2022

WWW.MONO.CA.GOV/WELLNESS



SUNDAY

Men's Group
Join us a men's group exploring mindful meditation. Reset your mind and body on Wednesdays at the Walker Wellness Center.

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

Ladies' Yoga
Start your day with a relaxing yoga session. Please bring a mat and towel.

Mommy & Me Yoga
Work on light stretching and flexibility with your little one age 0-4 years.

Parent's Support Group
Join Ms Betty and others to discuss the wins and challenges of parenting.

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

Brought to you by Mono County Behavioral Health and Prop 63. Participants are required to follow all current COVID guidelines.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
8
15
22

2
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

9
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

16
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

23
2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

3
8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

10

17
8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

24
8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

4
11
18



25
FEBRUARY SOCIAL

5
12
19
26





WALKER WELLNESS MARCH CALENDAR 2022



WWW.MONO.CA.GOV/WELLNESS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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1

8

15

22

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2

2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

9

2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

16

2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

23

2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

30

2:30 pm: Men's Group
4:00 pm: Family Yoga
5:00 pm: Parent's Support Group

3

8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

10

17

8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

24

8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

31

8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

4

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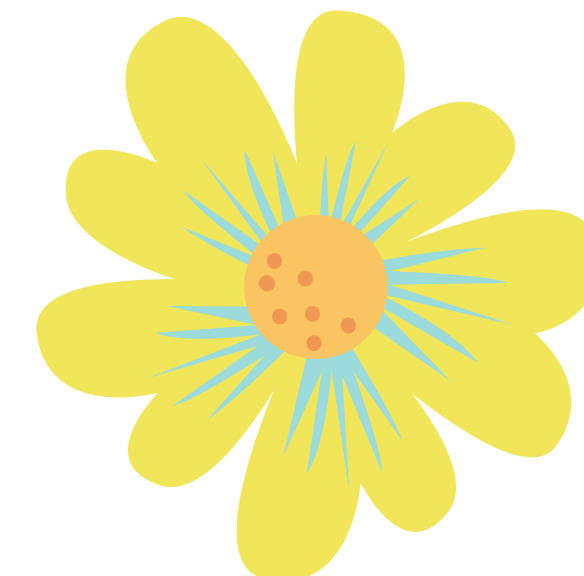
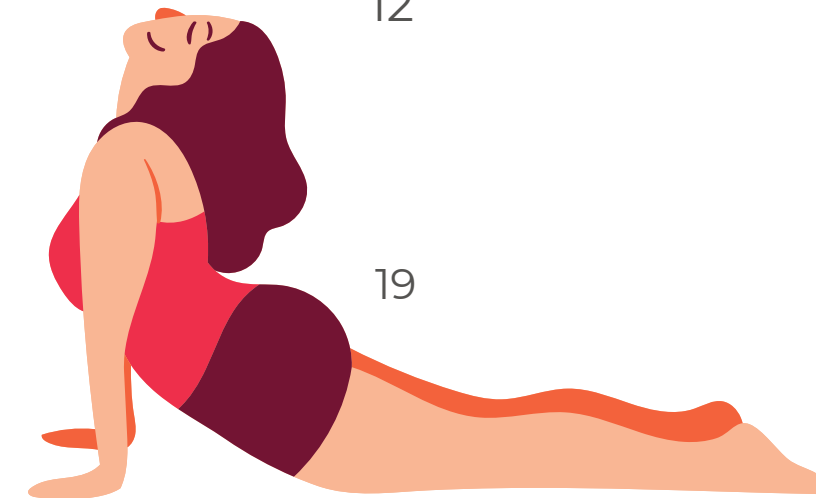
MARCH SOCIAL

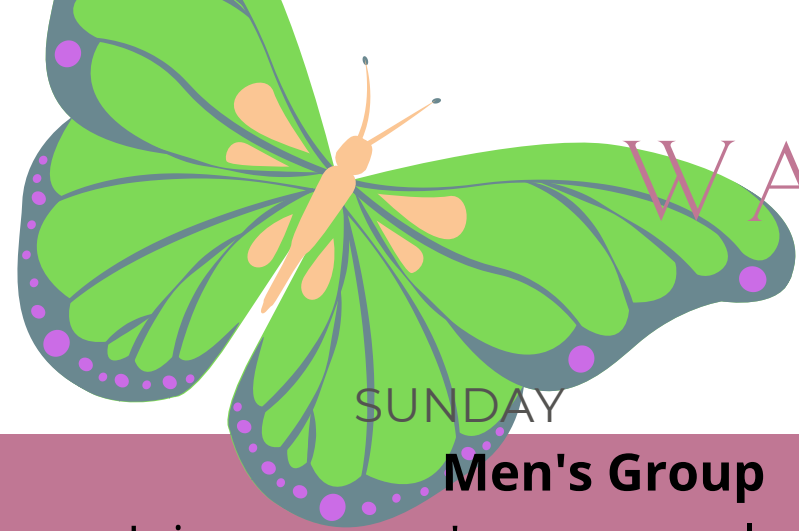
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WALKER WELLNESS APRIL CALENDAR 2022

WWW.MONO.CA.GOV/WELLNESS



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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2:30 pm: Men's Group
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2:30 pm: Men's Group
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5:00 pm: Parent's Support Group

20

2:30 pm: Men's Group
4:00 pm: Family Yoga

27

2:30 pm: Men's Group
4:00 pm: Family Yoga

30

2:30 pm: Men's Group
4:00 pm: Family Yoga

7

8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

14

21

8:30 am: Ladies' Yoga
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28

8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

31

8:30 am: Ladies' Yoga
9:15 am: Mommy & Me Yoga

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APRIL SOCIAL

