




SIERRA WELLNESS CENTER AUGUST 2013 JOIN US FOR FREE & FUN ACTIVITIES!

SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
A service of Mono County Behavioral Health and Proposition 63.				Music Lessons & appreciation 1:00pm-3:00pm Support Group for Teen Mothers 3:30pm -4:30 pm	Club House Live 2:45pm – 5:00pm	Club House Live 2:00pm – 6:00pm
4	5	6	7	8	9	10
	Relapse Prevention 12:00 – 1:00pm Soulful Art 1:00pm – 2:30pm	HSP Support Group Referral Only 1:30pm - 3:00pm No Yoga today Living Stress Free & Making Positive Choices 4:00pm-5:00pm		Music Lessons & appreciation 1:00pm-3:00pm Support Group for Teen Mothers 3:30pm -4:30 pm	Club House Live 2:45pm – 5:00pm	Club House Live 2:00pm – 6:00pm
11	12	13	14	15	16	17
	Relapse Prevention 12:00 – 1:00pm Soulful Art 1:00pm – 2:30pm	HSP Support Group Referral Only 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm		Music Lessons & appreciation 1:00pm-3:00pm Support Group for Teen Mothers 3:30pm -4:30 pm	Club House Live 2:45pm – 5:00pm	Club House Live 2:00pm – 6:00pm 
18	19	20	21	22	23	24
	Relapse Prevention 12:00 – 1:00pm Soulful Art 1:00pm – 2:30pm	HSP Support Group Referral Only 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm		Music Lessons & appreciation 1:00pm-3:00pm Support Group for Teen Mothers 3:30pm -4:30 pm	Club House Live 2:45pm – 5:00pm 	
25	26	27	28	29	30	31
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	Relapse Prevention 12:00 – 1:00pm Soulful Art 1:00pm – 2:30pm Club House Live 2:45pm – 5:00pm	HSP Support Group Referral Only 1:30pm-3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm	Music Lessons & appreciation 1:00pm-3:00pm Support Group for Teen Mothers 3:30pm -4:30 pm	Club House Live 2:45pm – 5:00pm	

Our address is: 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1757