

WALKER WELLNESS CENTER

The Wellness Center is OPEN TO EVERYONE in the community!!

August 2013

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
4	5	6	7	8	9	10
	Walking for Wellness 7:30am – 10:00am Encaustic Art 2:00pm – 3:30pm	Iris Folding Cards 9:00am-10:00am Composting 101 10:00am-12:00pm Kid's Storytime & Craft 10:00am-11:30am	Walking for Wellness 7:30am – 10:00am Kid's Art Corner 3:30pm-5:00pm			
11	12	13	14	15	16	17
	Walking for Wellness 7:30am – 10:00am Iris Folding Cards 1:30pm-3:00pm	The Wellness Center Closed	Walking for Wellness 7:30am – 10:00am Kid's Art Corner 3:30pm-5:00pm			
18	19	20	21	22	23	24
	Walking for Wellness 7:30am – 10:00am Encaustic Art 1:30pm-3:00pm	Encaustic Art 9:00am-10:00am Kid's Storytime & Craft 10:00am-11:30am	Walking for Wellness 7:30am – 10:00am Kid's Movie Corner 3:30pm-5:00pm			
25	26	27	28	29	30	31
A service of Mono County Behavioral Health and Proposition 63.	Walking for Wellness 7:30am – 10:00am Iris Folding Cards 1:30pm-3:00pm	Open Studio 9:00am-10:00am Iris Folding Cards 10:00pm-11:00am	Walking for Wellness 7:30am – 10:00am Healthy Cooking Demo 11:30am-1:30pm Kid's Art Corner 3:30pm-5:00pm Mommy Moment 7:00pm-8:00pm			

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!!

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