



# Mariposa Wellness Center



## September 2019



	Mondays		Tuesdays		Wednesdays
<b>2</b>	<b>LABOR DAY</b> WELLNESS CENTER CLOSED	<b>3</b>	1:00 ~ Snacks & Relax 1:30 ~ Meditation for Healing: Body & Mind with Sharon W. 3:15 ~ Rock Painting	<b>4</b>	Wellness Center will be open on Wednesdays now starting on the 11th. Come join us in the fun!!
<b>9</b>	1:00 ~ Snacks & Relax 1:30 ~ Outing to Mt. Community Wellness Center	<b>10</b>	1:00 ~ Snacks & Relax 1:30 ~ Guided Imagery for Peace with Sharon W 3:15 ~ Watch Pay It Forward	<b>11</b>	1:00 ~ Snacks & Relax 1:30 ~ Pay It Forward day 1 ( idea exchange ) 3:15 ~ Social Hour /Calendar planning
<b>16</b>	1:00 ~ Snacks & Relax 1:30 ~ Cooking with Kelly H. ( HS ) 3:15 ~ Clay Project ( HS )	<b>17</b>	1:00 ~ Snacks & Relax 1:30 ~ Makerspace with Karen 3:15 ~ Breath Work for Increased Positivity with Shaon W.	<b>18</b>	1:00 ~ Snacks & Relax 1:30 ~ Finish old projects / Free art 3:15 ~ Vision boards
<b>23</b>	1:00 ~ Snacks & Relax 1:30 ~ Farming With John 3:15 ~ Creative Improv with Timothy	<b>24</b>	<b>GROUP OUTING</b> <b>Picnic on the river!</b> ( Meet at Human Service Bldg. at 10:00 am)	<b>25</b>	1:00 ~ Snacks & Relax 1:30 ~ Overcoming Grief and Loss 3:15 ~ Free Painting

A place where “YOU can be YOU”- where everyone is welcome

The Mariposa County Wellness Center is open to all community members 18 years of age and older who have attended an orientation. For any questions please contact Denise Collins or Kathleen Paxton at (209)966-2000. If transportation is needed please call before 11:00 am the day of. The Wellness Center has moved to a new location at 5174 Hwy 140 (across from the Visitor Center). \*All cooking classes will take place at the old location (Human Services building).