

**MHSA ADULT WELLNESS CENTER
WEST SACRAMENTO**


MARCH 2019

Wellness Center Hours: 10:00am– 3:00 pm

Tuesday & Thursday

500-B Jefferson Boulevard, West Sacramento, CA 95605 / Phone (916) 375-6340

Women's History Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Free to Choose*		7 10:30 Member's Meeting 11:00 Nutrition 11:30 Celebration & Raffle Drawing 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 Group Games	
	12 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Free to Choose*		14 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 St. Patrick's Day Art 	
	19 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Free to Choose*		21 10:30 Member's Meeting 11:00 Nutrition 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 Group Games	
	26 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Free to Choose*		28 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 Group Games	

*Free to Choose is by referral only.