

Wellness Center Hours: 10:00am– 3:00 pm
Tuesday & Thursday

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

* Lesbian, Gay, Bisexual, and Transgender Pride Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music *Ramadan Ends*	5	6 10:30 Check-in 11:30 Monthly Celebration & Incentive Raffle & Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	7
10	11 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music	12	13 10:30 Member's Meeting 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	14
17	18 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music	19	20 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	21 Outing: California State Capitol Museum @ 10 AM
24	25 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music	26	27 10:30 Member's Meeting 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games *Stonewall Rebellion*	28

** For HHSA clients only.

