

MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

AUGUST 2019

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	2
5	6 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Meditation 1:00 Movie & Art	7	8 10:30 Member's Meeting 11:30 Monthly Celebration, Incentive Raffle & Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	9
12	13 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Meditation 1:00 Movie & Art	14	15 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games *Feast of the Assumption*	16 Outing: Yolo County Fair**
19	20 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Meditation 1:00 Movie & Art	21	22 10:30 Member's Meeting 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	23
26 *Women's Equality Day*	27 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Meditation 1:00 Movie & Art	28	29 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	30 *Al-Hijra begins*

** For HHS clients only.