

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> 	<p>3</p> <p>10:30 AM Weekend Wrap Up 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art</p>	<p>4</p> <p>10:30 Topic Chat 11:00 Walking 11:30 Budgeting 12:00 Managing Stress 1:30 Reflections</p>	<p>5</p> <p>10:30 AM Check-in 11:00 AM Weekend Planning 11:30 PM Journaling 12:00 PM Games 1:00 PM Movie</p>	<p>6</p> 
<p>9</p> 	<p>10</p> <p>10:30 AM Weekend Wrap Up 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art</p>	<p>11</p> <p>10:30 Topic Chat 11:00 Walking 11:30 Budgeting 12:00 Women's Group 1:30 Reflections</p>	<p>12</p> <p>10:30 AM Check-in 11:00 AM Weekend Planning 11:30 PM Journaling 12:00 PM Games 1:00 PM Movie</p>	<p>13</p> 
<p>16</p> 	<p>17</p> <p>10:30 AM Weekend Wrap Up 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art</p>	<p>18</p> <p>10:30 Topic Chat 11:00 Walking 11:30 Budgeting 12:00 Managing Stress 1:30 Reflections</p>	<p>19</p> <p>10:30 AM Check-in 11:00 AM Weekend Planning 11:30 PM Journaling 12:00 PM Games 1:00 PM Movie</p>	<p>20</p> 
<p>23</p> 	<p>24</p> <p>10:30 AM Weekend Wrap Up 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art</p>	<p>25</p> <p>CENTER CLOSED FOR APPLE HILL OUTING</p>	<p>26</p> <p>10:30 AM Check-in 11:00 AM Weekend Planning 11:30 PM Journaling 12:00 PM Games 1:00 PM Movie</p>	<p>27</p>
<p>30</p> 	<p>31</p> <p>10:30 AM Weekend Wrap Up 11:00 AM Processing Change 12:00 PM HALLOWEEN CELEBRATION</p>			

