






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>5 10:30 AM Weekend Wrap up 11:00 AM Men's Group 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art</p>	<p>6 10:30 Topic Chat 11:00 Walking 11:30 Budgeting 12:00 Women's Group 1:30 Reflections</p>	<p>7 10:30 AM Check-in 11:00 AM Weekend Planning 11:30 PM Journaling 12:00 PM Games 1:00 PM Movie</p>	
	<p>12 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>13 10:30 Topic Chat 11:00 Walking 11:30 Budgeting 12:00 Managing Stress 1:30 Reflections</p>	<p>14 10:30 AM Check-in 11:00 AM Weekend Planning 11:30 PM Journaling 12:00 PM Games 1:00 PM Movie</p>	
	<p>19 10:30 AM Weekend Wrap up 11:00 AM Men's Group 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art</p>	<p>20 10:30 Topic Chat 11:00 Walking 11:30 Budgeting <b>12:00 PM WINTER HOLIDAY CELEBRATION</b></p>	<p>21 <b>CENTER CLOSED MOVIE MATINEE OUTING</b></p>	
	<p>26 <b>HSA CLOSED TO THE PUBLIC</b></p>	<p>27 10:30 Topic Chat 11:00 Walking 11:30 Budgeting 12:00 Managing Stress 1:30 Reflections</p>	<p>28 10:30 AM Check-in 11:00 AM Weekend Planning 11:30 PM Journaling 12:00 PM Games 1:00 PM Movie</p>	