








Mariposa Wellness Center

|    AUGUST 2019   | | | |
|--|--|-----------------|--|
| Mondays | | Tuesdays | |
| 5 | 1:00 ~ Snacks & Relax 1:30 ~ Mini Outing to the County POOL 3:15 ~ Playing With Paints | 6 | 1:00 ~ Snacks & Relax 1:30 ~ Cooking with Kelly (HS building) 3:15 ~ Practicing Meditation |
| 12 | 1:00 ~ Snacks & Relax 1:30 ~ Homemade Ice Cream with Patrick 3:15 ~ Creative Drama With Timothy | 13 | 1:00 ~ Snacks & Relax 1:30 ~ Crystal Bowl Sound Bath with Sharon Whitefawn 3:15 ~ Focus Group |
| 19 | 1:00 ~ Snacks & Relax 1:30 ~ Social Hour / Calendar Planning 3:15 ~ Farming with John. Cattle, Corn, Sorghum, Apples | 20 | 1:00 ~ Snacks & Relax 1:30 ~ Healing Drum Circle (BYO Percussion instrument, some will be provided). With Sharon Whitefawn 3:15 ~ Drawing with Kama |
| 26 | 1:00 ~ Snacks & Relax 1:30 ~ Using our voices to create inner peace With Sharon Whitefawn 3:15 ~ Wood Owls with Denise | 27 | <p>~~~ GROUP OUTING ~~~ (For members who have attended 3 or more classes this month) Going Bowling !!! Meet at Human Service Bldg. at 10am</p> |

A place where **“YOU can be YOU”**- where everyone is welcome

The Mariposa County Wellness Center is open to all community members 18 years of age and older who have attended an orientation. For any questions please contact Denise Collins at (209) 742-0825 or Kathleen Paxton at (209)742-0807. If transportation is needed please call before 11:00 am the day of. The Wellness Center has moved to a new location at 5174 Hwy 140 (across from the Visitor Center). *All cooking classes will take place at the old location (Human Services building).

