

# The Wellness Center Frequently Asked Questions

1. What is the Mariposa Wellness Center?
  - a. The Wellness Center is a program, through Mariposa County Health & Human Services, that aims to improve overall wellness for adults residing in Mariposa county. We provide opportunities for social engagement as we practice skills such as relaxation, creative expressions, job readiness, and other activities. The more the merrier! We invite you to join us.
2. Where do we meet?
  - a. We currently meet at the Family Service Center on 5362 Lemee Lane, Mariposa for in-person activities, virtually on Fridays, and once per month we take a field trip. (see calendar for details or contact Mary (209)742-0990).
3. Who can attend?
  - a. The Wellness Center is open to all Adults 18+ in the community.
4. Does it cost to attend?
  - a. No. Membership is free!
5. How do I sign up?
  - a. You sign-up on your first day by attending orientation with a brief introduction of the Wellness Center beginning at 1pm.
6. What days are the Wellness Center?
  - a. Every Monday, Wednesday, and Fridays are virtual through Zoom. We visit North County the first Friday of every month. (see calendar for details).
7. What time is the Wellness Center?
  - a. 1:00pm-4:00pm. You can stay the whole time or drop in for an activity of your interest.
8. Will the Wellness Center provide transportation to in-person activities if I need it?
  - a. Yes, due to Covid-19, space is limited, so please call by 11:00 to schedule in advance.
9. Can I lead an activity?
  - a. Yes! We encourage sharing skills. Please reach out to Mary Lee for details.
10. Do I need a Zoom account to join the meeting?
  - a. No. You can simply click “join meeting” and enter, using the Meeting ID and Passcode.
11. How do I attend the Zoom meeting?
  - a. Go to join.zoom.us and enter the Meeting ID and Passcode OR if you are on your phone, download the Zoom app and click on “Join Zoom Meeting” and enter the Meeting ID and Passcode.
  - b. If you do want the link to the Zoom meeting by email, please contact Mary Lee at (209) 742-0990.

