

Alpine County Behavioral Health Services, Wellness Programs



JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Drop In 9-3pm 2	3	4	5	Drop In Hours 10-2p 6	7
	Senior Soak All day at Grover Hot Springs must have card.	Community Walking Club 9a The Firehouse Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym Gathering on Monitor Pass - Rose Essence depart 9am from The Firehouse Yoga 5:30p-7p Markleeville Library Grass	 County Holiday Offices Closed	Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym Movie & Discussion for Adults with Live Violence Free 5p The Firehouse "Once Were Warriors" Yoga 5:30p-7p Markleeville Library Grass	Create the Good 12p-2p Diabetes Lesson by County Medical Services Program	
8	9	10	11	12	13	14
	Senior Soak All day at Grover Hot Springs must have card.	Community Walking Club 9a The Firehouse Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym Yoga 5:30p-7p Markleeville Library Grass	Diabetes Lesson & Healthy Snack 11:30a Markleeville Library Talking Circle 4:30p The Firehouse Family Night 5:30p The Firehouse	Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym 50+ Club Potluck 12-2p Picnic in the Park at Markleeville Library Yoga 5:30p-7p Markleeville Library Grass	Create the Good -12p-2p The Firehouse	
15	Drop In 9-3pm 16	17	18	19	Drop In Hours 10-2p 20	21
	Senior Soak All day at Grover Hot Springs, must have card. Restorative Yoga 11-12:30p The Learning Center 1 of 3	Community Walking Club 9a The Firehouse Cooking a Healthy Meal & Diabetes Support Group 12p Firehouse Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym Yoga 5:30p-7p Markleeville Library Grass	Talking Circle 4:30p The Firehouse Family Night 5:30p The Firehouse	Transition Age Youth Outing with Dawn, Tahoe Youth & Family Services to Taylor Creek Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym Yoga 5:30p-7p Markleeville Library Grass	Create the Good -12a-2p The Firehouse Lesson & Tasting hosted by Snap-Ed Lotion Making Class with Melanie 1-2pm	Movie Night "Early Man " Markleeville Library Grass 8:40pm
22	Drop In 9-3pm 23	24	25	26	Drop In Hours 10-2p 27	28
	Senior Soak All day at Grover Hot Springs must have card. Restorative Yoga 11-12:30p The Learning Center 2 of 3	Community Walking Club 9a The Firehouse Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym Yoga 5:30p-7p Markleeville Library Grass	Talking Circle 4:30p The Firehouse Family Night 5:30p The Firehouse	Chair Ex 11a-12p Gym Elder's Luncheon & BINGO 12p-2p Gym Yoga 5:30p-7p Markleeville Library Grass	Create the Good -12p-2p The Firehouse	
29	30	31	<p style="text-align: center;">The mission of Alpine County Behavioral Health Services is to provide safe, ethical and accessible services that inspire personal growth and development through strength- based behavioral health programs and supportive connections.</p>			
	YOUTH WELLNESS DAY outside at gym 10-2pm Senior Soak All day at Grover Hot Springs Restorative Yoga 11-12:30p The Learning Center 3 of 3	Community Walking Club 9a The Firehouse Chair Ex 11a-12p Holistic Health Movement 12p-1p Gym Yoga 5:30p-7p Markleeville Library Grass				