



**Wellness Works**  
*Healing the Body. Healing the Soul.*



# July 2016

	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sunday &amp; Monday CLOSED</b>	<p><b>Thank you for supporting our Community Center</b></p> <p>Together Wellness Works makes a difference for Veterans and their families.</p>			1	2
	5	6	7	8	9
	CLOSED	<p><b>Acupuncture</b>            10:00am – 12:00pm  <b>Writing Therapy Class</b>            12:30pm – 3:30pm  <b>Niko Therapy Dog</b>            12:00pm – 3:00pm</p>			
	12	13	14	15	16
		<p><b>Acupuncture</b>            10:00am – 12:00pm  <b>Writing Therapy Class</b>            12:30pm – 3:30pm</p>	<p><b>Acupuncture</b>            10:00am – 2:00pm</p>		<p><b>BBQ</b>            11:00am – 3:00pm            Sponsored by  <b>Eagle Rock Baptist Church</b></p>
	19	20	21	22	23
	<p><b>Acupuncture</b>            10:00am – 12:00pm  <b>Writing Therapy Class</b>            12:30pm – 3:30pm</p>	<p><b>Acupuncture</b>            10:00am – 2:00pm</p>			
26	27	28	29	30	
	<p><b>Acupuncture</b>            10:00am – 12:00pm  <b>Writing Therapy Class</b>            12:30pm – 3:30pm</p>	<p><b>Acupuncture</b>            10:00am – 2:00pm</p>			

See back for details

**540 W. Broadway Glendale, CA 91204**  
**(818) 247-2062**

Wellness Works is a 501(c)(3) not for profit center

All donations are tax deductible

[www.wellnessworksglendale.org](http://www.wellnessworksglendale.org)



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### Therapies

#### Acupuncture

Wed. 10:00am – 12:00pm  
Thu. 10:00am – 2:00pm  
Sat. 1<sup>st</sup> & 3<sup>rd</sup> of the month 12pm – 4pm



### Saturdays at Wellness Works

LIFE IS A HEALING JOURNEY,  
ARTISTIC LIVING LEADS THE WAY.

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Music & music making,  
art as therapy & creative arts,  
storytelling & authors reading,  
writing workshops,  
dancing & drumming,

**Bottom line: The question is...**  
**Can imagination and play help us heal under the darkest of circumstances?**

**Come and join us!**  
Donations for participation greatly appreciated

### BBQ

The Veteran Welcome Center invites veterans and their families to come and enjoy a restful afternoon and to learn ways to help with stress and relaxation.

#### **Program Includes:**

- *Wellness Works Clinic*
- **1** treatment for actively enrolled clients
- **1** demonstration of basic wellness practice

#### *BBQ Menu:*

*Hot Dogs*  
*Beef Burgers*  
*Salmon Burgers*  
*Side dishes*