



Wellness Works
Healing the Body. Healing the Soul.



May 2016

| | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|--|---|----------|--------|---|
| Sunday & Monday CLOSED | 3 Acupuncture 11:00am - 4:00pm | 4 Writing Therapy Class 12:00pm - 3:00pm Niko Therapy Dog 12:00pm - 3:00pm | 5 | 6 | 7 Art Therapy 12:00pm - 2:00pm Acupuncture 12:00pm - 4:00pm |
| | 10 Acupuncture 11:00am - 4:00pm Molly Therapy Dog 12:00pm - 3:00pm | 11 Writing Therapy Class 12:00pm - 3:00pm | 12 | 13 | 14 Art Therapy 12:00pm - 2:00pm |
| | 17 Acupuncture 11:00am - 4:00pm Chester Therapy Dog | 18 Writing Therapy Class 12:00pm - 3:00pm | 19 | 20 | 21  11:00am - 3:00pm |
| | 24 Acupuncture 11:00am - 4:00pm | 25 Writing Therapy Class 12:00pm - 3:00pm | 26 | 27 | 28*Memorial Day Event* Arcadia County Park 405 S. Santa Anita Ave Arcadia, CA 91006 10am - 2pm WW Closed |
| | 31 Acupuncture 11:00am - 4:00pm | Thank you for supporting our Community Center Together Wellness Works makes a difference for Veterans and their families. | | | |

See back for details

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

Wellness Works is a 501,c,3 not for profit center

www.wellnessworksglendale.org

All donations are tax deductible



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MAY
2016

Therapies

Art Therapy Workshop
Saturdays 12pm – 2pm (except 3rd Sat)

Acupuncture
Tues. 11:00am – 4:00pm
Thurs. 1:00pm – 5:00pm
Sat. 1st & 3rd of the month 12pm – 4pm

Veteran Support Group
Mondays 6:00pm – 7:00pm



Saturdays at Wellness Works

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

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