



Wellness Works
Healing the Body. Healing the Soul.



January 2017

Sunday & Monday CLOSED	Tuesday		Friday	Saturday	
	3	4 Acupuncture 9:30am - 12:00pm Writing Therapy Class 12:30pm - 3:00pm Tai-Chi & Wellness 12:00pm - 1:00pm	5	6 EFT Tapping 11am - 2:00pm	7
	10	11 Acupuncture 9:30am - 12:00pm Writing Therapy Class 12:30pm - 3:00pm Tai-Chi & Wellness 12:00pm - 1:00pm	12	13	14
	17	18 Acupuncture 9:30am - 12:00pm Writing Therapy Class 12:30pm - 3:00pm Tai-Chi & Wellness 12:00pm - 1:00pm	19	20 EFT Tapping 11am - 2:00pm	21 BBQ 11:00am - 3:00pm
	24	25 Acupuncture 9:30am - 12:00pm Writing Therapy Class 12:30pm - 3:00pm Tai-Chi & Wellness 12:00pm - 1:00pm	26	27	28
	31	<p>Thank you for supporting our Community Center</p> <p><i>Together Wellness Works makes a difference for Veterans and their families.</i></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

www.wellnessworksglendale.org

All donations are tax deductible



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Therapy Dogs

The Pet-Assisted Therapy program has become a wonderful partner with Wellness Works. Come meet our friends every Wednesday.

Niko – 1st Wednesday of the month

12:00pm – 3:00pm

Chester – 2nd Wednesday of the month

12:00pm – 3:00pm

Molly – 3rd Wednesday of the month

12:00pm – 3:00pm

Zane Gray – 4th Wednesday of the month

12:00pm – 3:00pm



Therapies

Cranial Sacral & Reflexology

By Appointment Only

Acupuncture

Wednesdays 9:30am – 12:00pm

Tai-Chi & Wellness Practices

Wednesdays 12:00pm – 1:00pm

EFT Tapping

1st & 3rd Friday of the month

11:00am – 2:00pm

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