



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

**July 2017**



	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Thank you for supporting our Community Center</p> <p>Together Wellness Works makes a difference for Veterans and their families.</p>				<p>1</p> <p><b>Pranic Healing</b> 10:30am - 4:00pm</p>
<b>Sunday &amp; Monday CLOSED</b>		<p>5</p> <p><b>Acupuncture</b> 9:30am - 12:00pm <b>Writing Therapy Class</b> 12:30pm - 3:00pm</p>	<p>6</p> <p><b>Women's Art Group</b> 2:00pm - 4:30pm</p>	<p>7</p> <p><b>Qigong Class</b> 1:00pm - 2:00pm <b>EFT Tapping</b> 2:00pm - 5:00pm</p>	<p>8</p> <p><b>Pranic Healing</b> 10:30am - 4:00pm</p>
	<p>11</p> <p><b>Reiki Healing</b> 10:00am - 1:00pm</p>	<p>12</p> <p><b>NO Acupuncture</b> <b>Writing Therapy Class</b> 12:30pm - 3:00pm</p>	<p>13</p> <p><b>Women's Art Group</b> 2:00pm - 4:30pm</p>	<p>14</p> <p><b>Qigong Class</b> 1:00pm - 2:00pm</p>	<p>15</p>
	<p>18</p> <p><b>Reiki Healing</b> 10:00am - 1:00pm</p>	<p>19</p> <p><b>Acupuncture</b> 9:30am - 12:00pm <b>Writing Therapy Class</b> 12:30pm - 3:00pm</p>	<p>20</p> <p><b>Women's Art Group</b> 2:00pm - 4:30pm</p>	<p>21</p> <p><b>Qigong Class</b> 1:00pm - 2:00pm <b>EFT Tapping</b> 2:00pm - 5:00pm</p>	<p>22</p> <p><b>Pranic Healing</b> 10:30am - 4:00pm</p>
	<p>25</p> <p><b>No Reiki</b></p>	<p>26</p> <p><b>NO Acupuncture</b> <b>Writing Therapy Class</b> 12:30pm - 3:00pm</p>	<p>27</p> <p><b>Women's Art Group</b> 2:00pm - 4:30pm</p>	<p>28</p> <p><b>Qigong Class</b> 1:00pm - 2:00pm</p>	<p>29</p> <p><b>Pranic Healing</b> 10:30am - 4:00pm</p>

See back for details

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

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

Veterans Village  
331 Salem St. Glendale, CA 91203

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

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

All donations are tax deductible

# JULY



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

## Therapies

**Cranial Sacral & Reflexology**  
By Appointment Only

**Reiki Healing**  
Tuesdays 11:00am – 2:00pm

**Acupuncture**  
Wednesdays 9:30am – 12:30pm

**EFT Tapping**  
1<sup>st</sup> & 3<sup>rd</sup> Friday of the month  
2:00pm – 5:00pm

**Qigong Class**  
Fridays 1:00pm – 2:00pm

**Pranic Healing**  
Saturdays 10:30am – 4:30pm

## Therapy Dogs

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

- Niko** – 1<sup>st</sup> Wednesday of the month  
12:00pm – 3:00pm
- Molly** – 3<sup>rd</sup> Wednesday of the month  
12:00pm – 3:00pm
- Chester** – 4<sup>th</sup> Wednesday of the month  
10:30pm – 12:00pm



## Women's Art Group

2:00pm – 4:30pm

Conference Room at  
Veterans Village

Exploring with art and storytelling

Children's Group Provided

