



Wellness Works
Healing the Body. Healing the Soul.

October 2017

	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday & Monday CLOSED	3	4 Writing Therapy Class 1:00pm - 3:00pm	5	6 No EFT Writing Circle Veterans Village 1:00pm - 3:00pm	7 Wellness Works @ ELA Vet Center 9am - 2pm CRM 10am -12pm @ Glendale Memorial Hospital
	10	11 Acupuncture 9:30am - 12:30pm Writing Therapy Class 1:00pm - 3:00pm	12	13 Writing Circle Veterans Village 1:00pm - 3:00pm	14
	17	18 Acupuncture 9:30am - 12:30pm Writing Therapy Class 1:00pm - 3:00pm	19	20 No EFT Writing Circle Veterans Village 1:00pm - 3:00pm	21 Monthly BBQ 11:00am - 3:00pm
	24	25 Acupuncture 9:30am - 12:30pm Writing Therapy Class 1:00pm - 3:00pm	26	27 Writing Circle Veterans Village 1:00pm - 3:00pm	28 CRM 10am - 12pm @ Veterans Village
	31	<p>Thank you for supporting our Community Center Together Wellness Works makes a difference for Veterans and their families.</p>			

See back for details

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

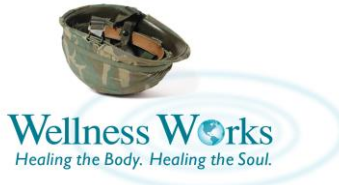
www.wellnessworksglendale.org

Veterans Village
 331 Salem St. Glendale, CA 91203

www.ndvets.org

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

All donations are tax deductible



Therapies

Cranial Sacral & Reflexology
By Appointment Only

Acupuncture
Wednesdays 9:30am – 12:30pm

EFT Tapping
1st & 3rd Friday of the month
2:00pm – 5:00pm

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 – 1st Wednesday of the month
12:00pm – 3:00pm
Molly – 3rd Wednesday of the month
12:00pm – 3:00pm
Chester – 4th Wednesday of the month
10:30pm – 12:00pm



CRM

Saturday, October 7, 2017
@ Glendale Memorial Hospital
&
Saturday, October 28, 2017
@ Veteran's Village

CRM is a set of skills that ordinary people can use for their own benefit and the benefit of their community to respond to the impact of traumatic and/or stressful experiences.

Please call Wellness Works to sign-up



TRAUMA RESILIENCY MODEL

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.

Thank You Daughters of American Revolution (DAR) MARTIN SEVERANCE CHAPTER for sponsoring our October BBQ.