









Life House July 2022

Atascadero Wellness Center
5850 West Mall St.
(805)464-0512

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For zoom info, membership details call (805) 464-0512.</p> <p>V—Virtual Group IP—In Person Events subject to change.</p>	<p>For all In Person Groups, please present proof of full Covid-19 vaccination, including booster, or a negative Covid-19 test from within 72 hours prior to attending group.</p>	<p>Meet Fry!</p>  <p>He'll be adventuring with us, and just like Waldo, you've got to find him! Where is he? Keep looking!</p>	<p>Just be you, because you're Unique, worthy & amazing.</p> <p>Live everyday to the fullest as You deserve all the good in life</p>	<p>1</p> <p>10-11 Lift Now V 11-12 OCD Group IP 12:30-2 FUNDAY Friday IP 3-4 DRA V (Hope House)</p>
<p>4</p>  <p>Happy Independence Day</p>	<p>5</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida V/IP 11-12 Meditation IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>6</p> <p>9:30-10 Stretch & Flex 10:30-11:30 Creative Writing IP 12-1 Seeking Safety V 1:30-2:30 Creative Flow IP 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>7</p>  <p>1-3:30 San Luis Obispo Museum of Art + SLO Mission IP (RSVP)</p>	<p>8</p> <p>10-11 Lift Now V 11-12 OCD Group IP 12:30-2 FUNDAY Friday IP 3-4 DRA V (Hope House) 3 PAAT Meeting: Racial Bias & Mental Health V</p>
<p>11</p> <p>9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 11-12 Ted Talks IP 12-1 Coping w/ Anxiety and Depression V 2-3 Music Sharing IP</p>	<p>12</p> <p>Community Picnic @ Cuesta Park 11:30a-1:30p</p> 	<p>13</p> <p>10-10:30 Stretch & Flex 11-12 Reiki IP 12-1 Seeking Safety V 1:30-2:30 Creative Flow IP 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>14</p> <p>9:30-10:30 Love & Care IP 11-12 Outdoor Extravaganza 12:30-1:30 Joy On Purpose w/ Amber V 2-3 Chair Yoga IP</p>	<p>15</p> <p>10-11 Attitude Of Gratitude V/ IP 11-12 OCD Group IP 12:30-2 FUNDAY Friday IP 3-4 DRA V (Hope House)</p>
<p>18</p> <p>9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 11-12 Ted Talks IP 12-1 Coping With Anxiety and Depression V 2-3 Music Sharing IP</p>	<p>19</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida V/IP 11-12 Meditation IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>20</p> <p>9:30-10 Stretch & Flex IP 10:30-11:30 Creative Writing IP 12-1 Seeking Safety V 1:30-2:30 Creative Flow IP (Creative Collages) 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>21</p> <p>9:30-10:30 Love & Care IP 12:30-1:30 Joy On Purpose w/ Amber V 2-3 Chair Yoga IP</p>	<p>22</p> <p>3-4 DRA V (Hope House)</p>
				<p>Saturday 23</p> <p>Mid State Fair (RSVP)</p> 
<p>25</p> <p>9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 11-12 Ted Talks IP 12-1 Coping With Anxiety and Depression V 2-3 Music Sharing IP</p>	<p>26</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida V/IP 11-12 Meditation IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>27</p> <p>10-10:30 Stretch & Flex 11-12 Reiki IP 12-1 Seeking Safety V 1:30-2:30 Creative Flow IP 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>28</p> 	<p>28</p> <p>10-11 Lift Now V 11-12 OCD Group IP 12:30-2 FUNDAY Friday IP 3-4 DRA V (Hope House)</p>