










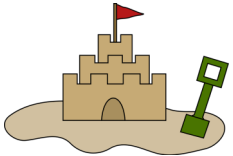






Santa Maria Wellness
Center (SMWC)
225 E. Inger Drive Suite 101A
(805) 928-0139



July 2024

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Only by appointment 12pm Family Services</p>	<p>2 Center Hours 10-4pm</p> <p>No Food Bank</p> 	<p>3 Center Hours 10-4pm</p> <p>12pm Gratitude & Wellness</p> 	<p>4 Center Hours 9-1pm</p> <p>11am Anxiety & Depression Support Group</p> 	<p>5 Center Hours 9-4pm</p> <p>1pm Just Dance—Active Movement Session</p> 	<p>6 Open for Event Only</p> <p>10-2pm Coffee w/ Friends in Lompoc—Must RSVP & Bring \$</p> <p>No Computer Class</p>
<p>8</p> <p>Only by appointment 12pm Family Services</p>	<p>9 Center Hours 10-4pm</p> <p>11:15 am Food Bank Pick-up RSVP by 5pm Monday (I) Front Room Opens @ 1pm</p>	<p>10 Center Hours 10-4pm</p> <p>12pm Gratitude & Wellness</p> <p>2-4pm Watch Party—Stand-up Comedy</p> 	<p>11 Center Hours 9-4pm</p> <p>11am Anxiety & Depression Support Group</p> <p>12-3pm Bread of the Month—Must RSVP!</p>	<p>12 Center Hours 9-4pm</p> <p>11-3pm Picnic @ Oso Flaco Lake—Must RSVP!</p> 	<p>13 Center Hours 10-2pm</p> <p>10am Coffee w/Friends</p> <p>12pm Basic Computer Class</p> 
<p>15</p> <p>Only by appointment 12pm Family Services</p> 	<p>16 Center Hours 10-4pm</p> <p>11:15 am Food Bank Pick-up RSVP by 5pm Monday (I) Front Room Opens @ 1pm</p>	<p>17 Center Hours 10-6pm</p> <p>12pm Gratitude & Wellness</p> <p>1-3pm Bingo and Board Games</p> 	<p>18 Open for Event Only</p> <p>TMHA BBQ 11-2pm @ Cuesta Park in SLO</p> <p>You Must RSVP!</p>	<p>19 Center Hours 9-4pm</p> <p>1pm Flexy Friday—Light Stretching Session</p> 	<p>20</p> <p>Closed</p> 
<p>22</p> <p>Only by appointment 12pm Family Services</p>	<p>23 Center Hours 10-4pm</p> <p>No Food Bank</p> 	<p>24 Center Hours 10-6pm</p> <p>12pm Gratitude & Wellness</p> <p>1pm Calendar Planning—Everyone is Welcome!</p>	<p>25 Center Hours 9-4pm</p> <p>11am Anxiety & Depression Support Group</p> <p>12pm Digital Literacy</p> <p>1:30-3pm Arts & Crafts—Must RSVP!</p>	<p>26 Center Hours 9-4pm</p> <p>1pm Creative Writing</p> 	<p>27 Center Hours 10-2pm</p> <p>10am Coffee w/Friends</p> <p>12pm Basic Computer Class</p>
<p>29</p> <p>Only by appointment 12pm Family Services</p> 	<p>30 Center Hours 10-4pm</p> <p>11:15 am Food Bank Pick-up RSVP by 5pm Monday (I) Front Room Opens @ 1pm</p>	<p>31 Center Hours 10-6pm</p> <p>12pm Gratitude & Wellness</p> <p>2pm Walking For Wellness @ Waller Park—Must RSVP!</p> 	<p>Please call our center if need more information about becoming a SMWC Member.</p>	<p>Center Hours, Activities and Events are Subject to Change.</p> <p>Thank You!</p>	 <p>IT'S SUMMER!</p>