










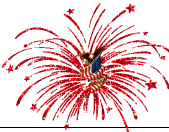



Santa Maria Wellness
Center (SMWC)

225 E. Inger Drive Suite #101A
(805) 928-0139



July 2025

Mon	Tue	Wed	Thu	Fri	Sat
<p>Please call our center if you need more information about becoming a SMWC Member.</p>	<p>1 Open Hours 10-3pm No Food Bank Pick Up!</p> 	<p>2 Open Hours 9-3pm 11am Gratitude & Wellness 12pm Taking Action Group 1-3pm Baking Group- RSVP!</p> 	<p>3 Open Hours 9-3pm 10am Stomping Out Anxiety 11am Living Balance 12pm Wellness in a Bowl 1-2:30pm Creative Minds–Art for Wellness 5-9pm Farmers Market</p>	<p>4 Open Hours 9-1pm 10am Center Beautification & Lunch</p> 	<p>5 Open for Event 10-2pm Coffee W/ Friends- Must RSVP & Bring \$</p> 
<p>7 Only by Appointment 12pm Family Support</p> 	<p>8 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday!</p> 	<p>9 Open Hours 9-3pm 11am Gratitude & Wellness 12pm Taking Action Group 2pm Calendar Planning – Everyone is Welcome!</p>	<p>10 Open Hours 9-3pm 10am Stomping Out Anxiety Group 11am Living Balance 1-2:30pm Creative Minds– Art for Wellness</p>	<p>11 Open Hours 9-3pm 10am Music & Film Appreciation 1pm Better Together Committee Meeting</p>	<p>12 Closed</p> 
<p>14 Only by Appointment 12pm Family Support</p> 	<p>15 Open Hours 10-3 No Food Bank Pick Up!</p> 	<p>16 Open Hours 9-3pm 11am Gratitude & Wellness 12pm Taking Action Group 1-3pm Arts and Crafts- RSVP!</p>	<p>17 Open Hours 9-3pm 10am Stomping Out Anxiety Group 11am Living Balance 1-2:30pm Creative Minds– Art for Wellness</p>	<p>18 Open for Event 11-3pm All Center BBQ in SLO– RSVP!</p> 	<p>19 Open for Event 12-4pm GGF 25th Anniversary- Must RSVP!</p>
<p>21 Only by Appointment 12pm Family Support</p> 	<p>22 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday!</p>	<p>23 Open Hours 12-3pm 12-3pm Bingo for prizes & Lunch Must RSVP!</p> 	<p>24 Open Hours 9-3pm 10am Stomping Out Anxiety Group 11am Living Balance 1-2:30pm Creative Minds– Art for Wellness</p>	<p>25 Open Hours 9-3pm 10am Music & Film Appreciation 11am Safety Drills & Protocols</p>	<p>26 Closed</p> 
<p>28 Only by Appointment 12pm Family Support</p>	<p>29 Open Hours 10-3pm No Food Bank Pick-up 5-8pm Grupo En Español Con/ Banco de Comida-Spanish Support Group</p>	<p>30 Open Hours 9-3pm 11am Gratitude & Wellness 12pm Taking Action Group 1:30pm Walking For Wellness</p>	<p>31 Open Hours 9-3pm 10am Stomping Out Anxiety Group 11am Living Balance 1-2:30pm Creative Minds– Art for Wellness</p>	<p>Center Hours, Activities, and Events are subject to Change. Thank you!</p>	