

Wellness Center In Person Groups

Life House / Atascadero Wellness Center

5850 West Mall Road / 805-464-0512 / oflores@t-mha.org

Tuesdays

Yoga (11:00am-12:00pm)

Come to Stretch & move your body in a way that feels loving. Open to all levels of practice. Beginners encouraged to join!

Woman's Group (12:30pm-1:30pm)

Delight in an environment that offers a safe place for Woman of all backgrounds to come together and support one another.

Wednesday

Reiki (11:00am-12:00pm, Every Other Wednesday)

Enjoy a guided meditation that will allow your body's energy to lead itself to balance and healing. Reiki is offered from **11-12** every other Wednesday.

Friday

Fun Day Friday (12:30pm-2:00pm, 2-3 times a month)

Fun day Friday activities and games encourage members to spend time with others, get to know each other better, have conversations and enjoy being in a safe, friendly environment.

Life House calendars are posted outside the Wellness Center as well as on the website, www.t-mha.org