

# Wellness Club

Lets Take Charge of Our Health and Wellness!

*Monday is at ACMHS Lunch Room  
Tuesdays is at ACMHS Room 101, Lunch Room,  
and Field  
Wednesday and Friday are at the Chinese  
Methodist Church (next to Chef Lau)*

# August 2014

	Mon	Tue	Wed	Thu	Fri	Sat
3	4 10:30-11:30: Chinese Wellness Art Group @ Lunchroom	5 9:30-12pm Cambodian Wellness 10-12pm: Mien Group	6 9:30-10:30: Family Tai Chi/ Yoga 10:30-11:30: Knitting 11:30-12:30: Zumba	7	8 10-12:00; Healthy Food Choice/Nutrition Series 1:15 to 3pm.: Art Group	9 Diablo Japanese American Summer Festival 3165 Treat Blvd. Concord 8/8~8/10
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