

# CMHA Kelowna -Wellness Programs Schedule

## Activities & Programs During the month of April

Drop-In Hours Tues - Thur 11am - 2pm; Mon 12pm-1pm



Monday April 6		Tuesday April 7		Wednesday April 8		Thursday April 9	
12pm - 1pm Drop-In	9:45am Yoga	10am Art Class (Sign up required)	9:45 am Yoga	10am Fitness Hour	10am Fitness Hour	12:30pm On-line Chess	
1pm - 3pm Peer Support Group	12:30pm Spring Categories	12:30pm Wet Felting with Lesley (Sign up )		4pm - 6pm Peer Support Group			
Monday April 13		Tuesday April 14		Wednesday April 15		Thursday April 16	
12pm - 1pm Drop-In	9:45am Yoga	10am Art Class (Sign up required)	9:45am Yoga	10am Fitness Hour	10am Fitness Hour	12:30pm Trivia	
1pm - 3pm Peer Support Group	12:40 - 1:15 Qi Gong with Hajime	12:30pm Wet Felting with Lesley		4pm - 6pm Peer Support Group			
	12:30pm Good Vibe Clips						
Monday April 20		Tuesday April 21		Wednesday April 22		Thursday April 23	
12pm - 1pm Drop-In	9:45am Yoga	10am Art Class (Sign up required)	9:45am Yoga	10am Fitness Hour	10am Fitness Hour	12:30pm Walk and Coffee with Victoria	
1pm - 3pm Peer Support Group	12:30pm Recycled Art	12:30pm Wet Felting with Lesley		4pm - 6pm Peer Support Group			
Monday April 27		Tuesday April 28		Wednesday April 29		Thursday April 30	
12pm - 1pm Drop-In	9:45am Yoga	10am Art Class (Sign up required)	9:45am Yoga	10am Fitness Hour	9:45am Yoga	12:30pm Music Request	
1pm - 3pm Peer Support Group	12:40 - 1:15 Qi Gong with Hajime	12:30pm Wet Felting with Lesley		4pm - 6pm Peer Support Group			
	12:30pm Bullet Journaling	12pm Sound Bowl Meditation					

### Sound Bath Meditation!! April 29th

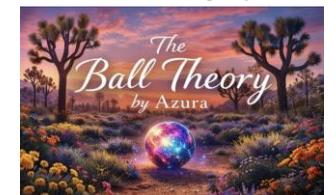
The healing power of sound known as "Sound Bath" (sign up required) 12pm in the Art Room!!

★ Spring Feast!!! April 2nd ★

The Wellness Center will be closed. Doors open at 12:45

The Ball Theory helps you recognise which balls to hold onto and which ones to release, so your mind stays balanced, calm, and aligned. It brings you back to your 3 yr old self full of confidence, joy, honesty, and pure-self love....

Before the world taught you to doubt



4 week event with Lesley Wet Felting Foxes! You must sign up Wednesday April 8,15,23,30 in the Art Room



Canadian Mental Health Association, Kelowna & District

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