RINCON WELLNESS CENTER



monday tuesday vednesday thursday friday

WELLNESS WEDNESDAY **WELLNESS CENTER CLOSED**

CENTER CLOSED

WELLNESS

Restorative Practices Training @VCOE

6 **MONDAY MORNING** MEDITATION

WELLNESS PEER MEETING

PRIDE **Bracelets** @ LUNCH

PRIDE 9 tabling outside the Wellness Center

RINCON RUMBLE @LUNCH

10

24

THERAPY DOGS

EVENTS TO SIGN UP FOR:

MONDAY MORNING MEDITATION

PRIDE BRACELETS:

MONDAY MORNING MEDITATION

20

THERAPY DOGS

IG Journals 14

WELLNESS WEDNESDAY

LAST DAY OF SCHOOL

16

23

15

