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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30am – 10:30am  “Healthy Boundaries”  *-Danny/Chloe* | 9:30am – 10:30am  “Remaining Present”    *-Chloe/Armin* | 9:30am – 10:30am  “Life Management Skills”  *-Chloe/Danny* | 9:30am-10:30am  “Moments of Tranquility”  *-Danny/Chloe*  *-Sharon/Armin* | 9:30am-10:30am  “Move, Motivate, Maintain”  *-All*  *-Armin/Sharon* |  |
|  |  |  |  |  |  |
| 11:00am-12:00pm  “Creating Balance”  *-Danny/Chloe* | 11:00am-12:00pm  “I am Enough”    *-Armin/Chloe* | **COMMUNITY FORUM**  **EVERY 3RD WEDNSDAY @ 12:30PM** | 11:00am-12:00pm  “Building An Understanding”  *-Chloe/Danny* | 11:00am-12:00pm  “Joyful Longevity”  *-Armin/Danny* |  |
|  |  |  |  |  |  |
| 1:30pm-2:30pm  “Keeping your cool”  *-Chloe/Danny* | 1:30pm-2:30pm  “Supporting Sobriety” *-Armin/Danny* | 1:30pm-2:30pm  “Rising Above It All”    *-Armin/Danny* | 1:30pm-2:30pm  “Mending Our Hearts”  *-Chloe/Danny* | 2:30pm-3:30pm  Lounge Jam  -All |  |

**SPECIAL ANNOUNCEMENTS:**

* Community forum every 3rd Wednesday.Join us for discussions about YOUR wellness! We want your ongoing feedback.

**Next Forum is 05/17/2023 @ 12:30pm**

* Open House Celebration at CORE-Elk Grove Community Wellness Center on **May 17, 2023, 1:00pm-3:00pm.** Join us for a tour of the facility, enjoy refreshments, get to know the staff excited to support the community!

*(Mentor of the Day = MOD)*

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| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | *Armin/Chloe* | *Danny/Armin* | *Chloe/Danny* | *Armin/Danny* | *Chloe/Danny* | Closed |