Happy Summer Alpine County Family!

Well, here we are, half way through 2022! July brings long hours of daylight, warm (maybe hot!) weather and more opportunity to get out into nature. BHS is offering several outdoor programs this month. Sign up for the 50+Club picnic at Grover’s Hot Springs, Create the Good picnic at Blue Lakes, Bear Valley Create the Good on the Ballfield and the Community trip to enjoy the Indigenous Culture & Arts Festival in Meeks Bay! Yoga has moved outdoors in Bear Valley on the ballfield and will be outside in the Library Park in Markleeville beginning Tuesday, July 12th.

Summer Play Group continues at the Education Center in Hung-A-Lel-Ti with Super Hero crafts, Music with Annie and more.

Create the Good will be held at the Firehouse in Hung-A-Lel-Ti, the BHS Building and Blue Lakes Day Use Area. See the flyer for dates and locations. We will continue nutrition education on the 1st and 22nd and get artsy crafty on the 8th and 15th. On the 29th we’ll celebrate Culinary Arts Month by creating our own herb-infused olive oils to take home and cook with. Swim passes are also available pg. 3

Guided Meditation is available on Zoom every Monday & Friday morning at 8am. Join Talking Circle at the BHS Wellness Center at the Hung-A-Lel-Ti Firehouse on Tuesdays at 4pm.

Learn how you can do your part to end stigma and raise awareness on the mental health challenges the BIPOC community faces on page 11.

Find information on “Check-in Chats” on pages 12 & 13 and read about Mental Health Self-Care tips on pages 14 & 15.

Relax & focus with “Einstein’s Garden” puzzle, a new Wackie Wordie and a coloring mandala.

Please plan ahead. Sign up and mark your calendars with events that interest you now! We don’t want you to miss out on any of the summer fun to come!
Markleeville “Create the Good”

Lunch, Presentations, Creations and Conversations

Fridays from Noon –2pm

!!!PLEASE CHECK LOCATIONS FOR JULY CREATE THE GOOD PROGRAMS!!!

7/8 & 7/29 WILL BE AT THE FIREHOUSE IN HUNG-A-LEL-TI
7/1 & 7/15 WILL BE AT BEHAVIORAL HEALTH SERVICES, 40 DIAMOND VALLEY RD
7/22 will be at Blue Lakes day use area

Friday, July 1st:  Lunch & CSS Nutrition Education  BHS Bldg.
BBQ Salmon with French Lentil & Roasted Vegetable Salad

Friday, July 8th:  Lunch  & Vision Board Creation  Hung-A-Lel-Ti FH
Blueberry Tri-tip with Lemon Parmesan Kale Salad

Friday, July 15th:  Lunch & Lighted Blue Jar Creation  BHS Bldg.
Grilled Peach & Rosemary Chicken Salad

Friday July22nd: Lunch & CSS Nutrition Education
BLUE LAKES PICNIC: Call 694-1816 for more info & to sign up

Friday July 29th: Lunch & Herb Infused Olive Oil  Hung-A-Lel-Ti FH
National Lasagna Day! Lasagna a little bit healthier
50+Club SUMMER PICNIC

AT GROVER’S HOT SPRINGS DAY USE AREA

Date: Thursday, July 14, 2022
Time: Noon-2:00pm
Location: Grover’s Hot Springs State Park

Mad Dog Café Sandwiches Provided
Please bring a side dish or dessert to share.

To order your sandwich and receive a map to the day use area, call or text Dawn (530) 721-1261 or email driddle@alpinecountyca.gov

For those who would like to walk the loop from the campground to the pool area (pools are closed) and back, wear good walking shoes! We’ll begin our walk at 1pm and will be back at day use area by 2pm.
Community Trip to Meeks Bay for the Indigenous Culture & Arts Festival

Date: Saturday, July 30th
Time: 9am-4pm
Leaving from Hung-A-Lel-Ti Firehouse at 9:00am
Returning at 4:00pm

BHS will be providing a Minibus for transporting 18 people to the Festival.

Call BHS at (530) 694-1816 to reserve your seat on the bus ASAP!

First come, first served!

Bring money for lunch or bring your lunch with you.

Waši·šiw ᑲiłde
July 30th Saturday 2022
Indigenous Culture & Arts Festival
Hosted by the Washoe Tribe of Nevada and California

Native American Arts & Crafts
Basket Competition
Cultural Activities
Performers
Raffle Prizes
Food Vendors

Meeks Bay Resort
7941 Emerald Bay Road
Tahoma, CA 96142
FREE ADMISSION
10am - 5pm

FOR MORE INFORMATION CALL: 775-265-8600 OR VISIT: WASHOETRIBE.US
Music with Annie, Art activity & Storytime

Join us at the Washoe Indian Education Center

Summer Play Groups
June 22 * July 13 * August 17
10 am - 12 pm

For more information:
Contact First 5 530-694-1334

Local agencies are partnering monthly to host this gathering for children and their parents/caregivers. We invite you to come play, meet other parents and enjoy a fresh or homemade snack. Family resource information and diapers/wipes available. Attendees eligible for exciting incentives.
Alpine Senior Soak Program will remain at Carson Valley Swim Center for the summer!

_BHS is providing Alpine County residents 50 years and older a 15 swim session membership pass to Carson Valley Swim Center so our Senior Exercise and Socialization Program will remain active during the closure of Grover’s Hot Springs for repairs of damage from the Tamarack Fire._

**Who:** Alpine County residents 50 years and older

**What:** A 15-session swim pass for your choice of free use of open pools & hot pool OR Senior Water Aerobics Class

**When:** Tuesdays & Thursdays    Time: 9:45-10:45am

**Where:** Carson Valley Swim Center

Register for your swim pass at the Behavioral Health Services Office at 40 Diamond Valley Road Monday-Friday 8am-5pm. Bring proof of Alpine County residency and your ID.

For more information email driddle@alpinecountyca.gov or call 694-1816 ext. 259
Bear Valley Create the Good
“Picnic on the Ballfield”

DATE: THURSDAY, July 21st, 2022
TIME: 5:30-7:00 PM
WHERE: Bear Valley Ballfield

ALPINE COUNTY BEHAVIORAL HEALTH SERVICES CONTINUES CREATE THE GOOD MONTHLY DINNERS IN BEAR VALLEY!

BRING YOUR OWN CAMP CHAIRS OR BLANKETS TO SIT ON

ALL THE FOOD & DRINKS WILL BE PROVIDED BY

Alpine County Behavioral Health Services
Guided Meditation Classes
for Health & Wellness

Mondays & Fridays
Drop-In Guided Meditation
8:00-8:45 am

Join Zoom Meeting:
https://us06web.zoom.us/j/81611847105?
pwd=dEl4UGljaWh5WEcwZFl2Zz09

“There is a misconception that healing arts are for individuals who are struggling or suffering. And yes, breathwork is very supportive for stress, tension, overwhelm, anxiety, depression, fear, grief, sadness, anger, trauma, insomnia, etc. But breathwork is also nourishing for someone who is doing well and feels ready for the next opening—the next layer of love, peace, gratitude, clarity, connection, and insights.”

~Gwen Dittmar~

July Meditations
• Breathing Meditations
• Compassion Practices
• Guided Imagery
• Writing Meditations

Meditation Practices with Dawn
Certified Sura Flow Meditation Coach
Beginners & all levels are encouraged to come to learn or deepen a practice.
YOGA Classes—Note Location Changes

Monday & Wednesday evenings from 5–6pm with Alex Mannos

Alex is holding class on the Ballfield in Bear Valley. During adverse weather days, yoga will be held in the Perry Walther Community Center.

There will be NO YOGA in Bear Valley on JULY 4th.

Tuesday & Thursday 5:30–6:30pm with Brent Greuter

Brent will move yoga to the Library Park on Tuesday, July 12th for the summer season. You will still be able to join on Zoom as well. During adverse weather days yoga will move back to the BHS Building in Woodfords.

Join Zoom Meeting
https://us06web.zoom.us/j/86722790811?pwd=UTdpQVBCcGtWQ1F2SXRqQzlucDJhUT09

Online HOLISTIC HEALTH Classes

Tuesday & Thursday 11am-Noon with Cheryl Morris

For required forms please call BHS office 694-1816 or text Dawn 530-721-1261.

Join Zoom meeting:
https://zoom.us/j/93619380519?pwd=TFhTQWVwU3IqcWRldDNkMk8vZnJqQT09
Talking Circle

- Tuesdays
- Time: 4:00-5:00 PM
- In Person at the Hung-A-Lel-Ti Firehouse

Join us on the natural path to growth:

Listening,

Learning, sharing, teaching...

connecting. look within and use your experiences to help others. We practice possibility thinking, self-image, self-talk, balanced living, motivation, affirmations, non-judgement and connection.
Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month

Raising awareness and ending stigma

BIPOC and LGBTQ+ communities face unique stressors that increase vulnerability to mental health conditions. Increasing awareness of the issues people of color and those in marginalized communities face helps reduce stigma so that those with mental health concerns can get the help they need to thrive in their lives.

Mental health conditions do not discriminate based on race, color, gender or identity. Nearly 1 in 5 Americans will experience a mental illness each year and depression is the leading cause of disability in the United States. While non-White people experience relatively similar rates of mental illness as White people, they face unique stressors that increase vulnerability to mental health conditions when it comes to accessing mental health help.

Percent of community with mental illness

- 39% LGBTQ+
- 25% Multiracial
- 19% Native American or Alaskan Native
- 17% Black or African American
- 16% Latinx or Hispanic American
- 15% Asian American or Pacific Islander

Barriers to accessing care

Research indicates that, compared with people who are White, people in BIPOC communities are:

- Less likely to have access to mental health services
- More likely to receive low or poor quality of care
- Less likely to seek out treatment
- More likely to end services early

These barriers can be attributed to a variety of factors, such as cultural stigma around mental illness, systemic racism and discrimination, language barriers, a lack of health insurance, mistrust of mental healthcare providers and a lack of cultural competency on the part of mental healthcare providers.

For more information and resources, visit MagellanHealthcare.com/BIPOC-MH.

Sources: nami.org, cdc.gov, mhanational.org/bipoc-mental-health, ct.counseling.org/2020/05/the-historical-roots-of-racial-disparities-in-the-mental-health-system/

B-F2098E (5/22) ©2022 Magellan Health, Inc.
Check-In Chats: Supporting the People You Care About

Checking in with the people in your life is a helpful way to take action for mental health. Many people want to support their family and friends, but aren’t sure how to bring up the subject of mental health. The good news is that it doesn’t have to be hard!

Here are some tips for having a Check-In Chat:

WHO can you check in with?
✓ Family
✓ Friends
✓ Co-workers, fellow students, or other people you see often
✓ Neighbors
✓ Someone you think might be struggling with their mental health

WHAT is a Check-In Chat?
✓ A conversation about how someone is feeling
✓ A way to ask if someone needs some support for their mental health
✓ A chance to show you care and are there for them

WHY have a Check-In Chat?
✓ You can make a big difference in someone’s life
✓ Connecting with someone makes them feel less isolated and supported
✓ Starting a conversation can lead to someone opening up about their situation and needs
✓ You can help someone find support or services when needed
✓ Talking about mental health gets easier the more you do it

WHERE could you have a Check-In Chat?
✓ In person
✓ On the phone
✓ Through text messages or social media direct messages
✓ Online video
✓ Wherever you both can talk and feel comfortable

Get More Resources at: takeaction4mh.com
WHEN is the right time for a Check-In Chat?
✓ Whenever you have a chance to catch up with someone
✓ If you notice that someone might be having a hard time with their mental health (takeaction4mh.com/check-in-resources) or think they may be at risk of suicide (takeaction4mh.com/check-in-resources)
✓ When you know someone is dealing with a stressful event in their life
✓ As often as you and the other person want to check in

HOW do you do a Check-In Chat?
✓ A Check-In Chat doesn’t have to focus only on mental health. You can start by talking about anything that connects you to that person.
✓ The conversation might be easier while you are doing something else together, like taking a walk or another activity you both enjoy.
✓ Ask them how they are or what’s going on in their life. Even if they say they are fine, give them a chance to share more by saying something like “Last time we talked, you said you were under pressure at work. How’s that going?” Or “Seems like something is bothering you. Do you want to talk about it?”
✓ If you have reason to think they are struggling, you can open with “I’ve noticed that…” with examples of behavior changes or other concerns. Let them know you care and want to help.
✓ If you are worried they might be thinking about suicide, ask them about it directly. You will not plant the idea in their head, but rather could bring them relief to have a conversation. Get help with how to talk about suicide and what to do if you think they might hurt themselves (takeaction4mh.com/check-in-resources).
✓ Listen to what they have to say without interrupting. Use eye contact and open body language to show you’re listening. If you’re not together in person, maintain focus while you chat, without looking at your phone, a computer, or the TV.
✓ Validate their feelings with responses like “That must be hard,” or “It sounds like you’re feeling really frustrated.”
✓ Avoid giving advice or sharing your own experience unless they ask for it. Keep the Check-In Chat focused on the other person’s mental health needs.
✓ Ask them “What can I do to support you?” and follow up on it.
✓ If the other person isn’t interested in opening up, don’t push them. Let them know you’re there for them if they want to talk another time. Keep in touch with future check-ins.
✓ Check-In Chats don’t have to be long talks. You can even text a question to someone who wants your support like “On a scale of 1-10, how do you feel today?” Depending on the answer, you can decide whether to follow up.
✓ If you could use some mental health support yourself, find a Check-In Buddy and make a plan to check in with each other on a regular basis. Or reach out to someone you trust to ask for support (takeaction4mh.com/get-support-resources).

Take action for mental health by having a Check-In Chat with someone you care about. Think about someone in your life who might need some support and reach out to them today.

Get More Resources at: takeaction4mh.com
Recharging Your Personal Battery: Mental Health Self-Care Tips

Life can be stressful, and your body and mind can’t go nonstop without any breaks. You may focus on work or school, your family, or other commitments and forget you need to take care of yourself, too. This can weaken your mental health and lead to burnout.

You don’t want your phone to run out of battery when you need to use it. Similarly, when your mental or physical energy runs low, you need to plug into your personal power sources. By building self-care activities into your life, you give your mind and body the break they need to recharge—to help you be the best self you can be.

Self-Care Basics

Some activities are so important for mental health and wellness that they form the foundation of taking care of yourself. These include:

- **Get enough sleep**: Feeling well-rested is critical to your overall well-being. Try to get 7 to 9 hours of sleep each night so your body and brain can reset and be ready for the next day.

- **Eat healthy food**: Dealing with busy and stressful days requires energy, and eating the right kinds of foods can improve your mood and ability to function.

- **Stay hydrated**: Getting enough to drink helps your body and brain work well and also increases your energy. Focus on water or drinks without added sugar.

- **Move your body**: Exercise increases your energy levels and boosts your mood. Whether you take a walk, go on a hike, join a dance class, or go to the gym, you’ll feel better after getting active.

- **Take your medications**: If you have any physical or mental health conditions, follow your doctor’s instructions to help prevent a crisis situation or other problems from developing.

- **Manage your schedule**: Try to avoid taking on more than you can handle. Know your limitations and be sure to build in time for the things that are most important to you. Saying “no” can be a kind of self-care.

- **Connect with friends and family**: Social support is vital to good mental health. Keep in touch with friends and family members you enjoy being with, and who will give you a boost of positivity or comfort.

- **Avoid alcohol or drugs**: The use of alcohol and drugs can make a mental health condition worse and increase the chances of a crisis developing. Work on reducing the amount you use and how often. You may need to cut them out of your life to care for your mental health.

Get More Resources at: takeaction4mh.com
Pick Your Pick-Me-Ups

Everyone is different, so the self-care activities that work for one person may not be helpful to another. **Find the things that help you relax and feel good.** Try different activities to see which ones you want to add to your personal go-to list when you need a boost.

Here are some ideas. **Check off the activities that you have tried and take opportunities to try new activities:**

- Go outside to get some sunshine
- Listen to music and sing along
- Take a power nap
- Meditate or use a mindfulness app
- Eat a piece of dark chocolate
- Take a walk in nature
- Write in a journal
- Join a community sports league or play a pick-up game at the park
- Take a long, warm bath
- Get your hair or nails done
- Watch a TV show or movie that makes you feel good
- Have a dance party
- Stretch or do some yoga moves
- Take a break from your screen
- Breathe in for 5 counts, hold for 5, breathe out for 5, hold for 5, and repeat
- Plan a vacation
- Go to a museum and look at beautiful things
- Read a book
- Connect with other people in an online support group
- Work in the garden
- Listen to nature sounds like ocean waves or a babbling brook
- Do something creative like art, writing or playing an instrument
- Go for a long drive
- Call a friend you haven’t spoken with in a while
- Turn off your phone alerts
- Play with the kids in your life
- Color in a coloring book or downloaded coloring sheets
- Cook your favorite dish
- Pray
- Light a candle or use aromatherapy scents
- Play a game
- Get a massage or use a self-massage tool
- Make a list of 10 things you’re grateful for in your life
- Take up an extreme sport activity
- Buy yourself fresh flowers
- Order in dinner
- Watch the sunrise or sunset
- Take a mental health day
- Relax with a cup of tea or coffee
- Watch cute animal videos
- Learn something new
- Send a note to someone you care about

What if I still need help?

Self-care activities are like keeping the battery charged so your phone will function throughout the day. If the battery runs low, you may not be able to use the device until you plug it in again. Sometimes, though, a phone may have a problem like a software glitch or a broken screen that needs professional attention.

For your mental health, self-care can keep you in good emotional shape and prevent small stresses from turning into big ones. But sometimes it’s not enough. **If you start to feel overwhelmed, anxious or depressed, it may be time to seek help** (takeaction4mh.com/learn-more-resources). Find out more about the different types of support available to you (takeaction4mh.com/find-help-now).

Get More Resources at: takeaction4mh.com
BIPOC MENTAL HEALTH MONTH

July 2022

BE COLOR BRAVE, NOT BLIND.

counseling.org
### Yet Wackier Wordies

by Readers of *Games*

When we published “Wacky Wordies” in July/August, 1979, and “Wackier Wordies” last January/February, we figured we had seen the last of these menaces to sanity. But several hundred of you have continued to send us these ridiculous rebuses, and so we present Act III. A *Games* T-shirt to each of you whose puzzles appear on this page.

For newcomers: The object in solving is to discern a familiar phrase, saying, cliché, or name from each arrangement of letters and/or symbols. For example, box 1a depicts “once over lightly.” Box 1b shows “gossip column.” Sounds easy, but wait until you see the others.

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Einstein’s Gardens Puzzle

The Puzzle:

Five friends have their gardens next to one another, where they grow three kinds of crops: fruits (apple, pear, nut, cherry), vegetables (carrot, parsley, gourd, onion) and flowers (aster, rose, tulip, lily).

1. They grow 12 different varieties.
2. Everybody grows exactly 4 different varieties.
3. Each variety is at least in one garden.
4. Only one variety is in 4 gardens.
5. Only in one garden are all 3 kinds of crops.
6. Only in one garden are all 4 varieties of one kind of crops.
7. Pear is only in the two border gardens.
8. Paul's garden is in the middle with no lily.
9. Aster grower doesn't grow vegetables.
10. Rose growers don't grow parsley.
11. Nuts grower has also gourd and parsley.
12. In the first garden are apples and cherries.
13. Only in two gardens are cherries.
14. Sam has onions and cherries.
15. Luke grows exactly two kinds of fruit.
16. Tulip is only in two gardens.
17. Apple is in a single garden.
18. Only in one garden next to Zick's is parsley.
19. Sam's garden is not on the border.
20. Hank grows neither vegetables nor asters.
21. Paul has exactly three kinds of vegetable.

Who has which garden and what is grown where?
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Create the Good  
BHS Bldg. 12-2pm |     |     |
| 3   |     |     |     | Holistic Health  
with Cheryl 11-noon  
Talking Circle 4-5p  
Yoga w/Brent  
Video class |     | 4 |
| 4   | Mediation 8am  
Create the Good  
BHS Bldg. 12-2pm | July 4th HOLIDAY  
NO Meditation  
NO Yoga w/Alex BV | Holistic Health  
with Cheryl 11-noon  
Talking Circle 4-5p  
Yoga w/Brent  
Video class | Yoga w/Alex BV  
5-6pm |     | 1 |
|     |     |     |     | Holistic Health  
with Cheryl 11-noon  
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| 10  |     |     |     |     |     | 3 |
| 11  |     |     |     | Play Group 10-12  
Yoga w/Alex BV  
5-6pm |     | 4 |
|     |     |     |     | Holistic Health  
with Cheryl 11-noon  
50+Club Picnic  
Yoga w/Brent  
5:30-6:30pm | Yoga w/Alex BV  
5-6pm | 5 |
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| 19  | Mediation 8am  
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|     | Yoga w/Alex BV  
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5:30-6:30pm | Holistic Health  
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| 25  | Mediation 8am  
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Yoga w/Brent | Holistic Health  
with Cheryl 11-noon  
Bear Valley Create  
the Good 5:30-7  
Yoga w/Brent | Yoga w/Alex BV  
5-6pm | 10 |
| 31  |     |     |     |     |     | 11 |

Alpine County Behavioral Health Services  
40 Diamond Valley Road, Markleeville, CA 96120  
For more information on any of our programs, please call 694-1816 or email driddle@alpinecountyca.gov

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