

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Suicide Prevention Network</p>	<p>1625 STATE ROUTE 88, STE 101 MINDEN, NV 89423 775-783-1510 WWW.SPNAWARENESS.ORG</p>				1	2 DONUT WORRY, YOU MATTER JOHNSON LANE PARK 9 - 10:30 AM
3	4 PINWHEEL PLANTING CARSON VALLEY MUSEUM & CULTURAL CENTER 4:30 - 6 PM	5	6 GROWTH THROUGH CHANGE DC COMMUNITY CENTER 3:30 - 4:30 PM YOGA CLASS O2 YOGA & WELLNESS 11 AM & 6 PM	7 SUICIDE LOSS SUPPORT GROUP SPN OFFICE 11:30 AM - 1 PM <hr/> SPN CONNECT SPN OFFICE 2:45 - 4:30 PM	8	9
10	11	12 PTSD SUPPORT GROUP SPN OFFICE 6 - 7:30 PM	13 YOGA CLASS O2 YOGA & WELLNESS 11 AM & 6 PM	14	15	16 DONUT WORRY, YOU MATTER RANCHOS ASPEN PARK 9 - 10:30 AM
17	18 MENTAL HEALTH WALK SEEMAN RANCH PARK 5:30 - 6:30 PM	19	20 GROWTH THROUGH CHANGE DC COMMUNITY CENTER 3:30 - 4:30 PM YOGA CLASS O2 YOGA & WELLNESS 11 AM & 6 PM	21 SPN CONNECT SPN OFFICE 2:45 - 4:30 PM	22	23
	25	26 PTSD SUPPORT GROUP SPN OFFICE 6 - 7:30 PM	27 YOGA CLASS O2 YOGA & WELLNESS 11 AM & 6 PM	28	29 SOUND BATH O2 YOGA & WELLNESS @6:30 PM	30

