

# *Wellness Tuesdays*

JOIN US FOR MINI-WORKSHOPS  
ON THE 4<sup>TH</sup> TUESDAY  
OF EACH MONTH  
9:30 AM - 10:00 AM  
SAN JON SENIOR CENTER

Join us for a Fun  
Workshop to Improve  
Your Mental Health

February 24, 2026  
March 24, 2026  
April 28, 2026  
May 26, 2026  
June 23, 2026

*Each workshop will have a  
different self-care activity.  
All supplies will be provided.*



QCHC Working For A  
Healthier Community

