

Wellness Wednesdays

JOIN US FOR MINI-WORKSHOPS
ON THE 2ND WEDNESDAY
OF EACH MONTH
10:00 AM - 10:15 AM
TUCUMCARI RAILROAD DEPOT

Join us for a Fun
Workshop to Improve
Your Mental Health

January 14, 2026
February 11, 2026
March 11, 2026
April 8, 2026
May 13, 2026

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



QCHC Working For A
Healthier Community

