

# **LIVING IN BALANCE**

**Wellness Talking Circle  
Thursday's  
5:30pm to 6:30pm**

**SUPPORTING OUR COMMUNITY IN LIVING  
THE PATH OF WELLNESS, RECOVERY, AND  
BALANCE**

**Individual meeting 1:1  
Friday's  
5:30-6:30pm**

**At  
Big Valley Rancheria Social Services Office  
2726 Mission Rancheria Rd.  
Lakeport, Ca. 95453  
Bldg. # 2**

**\*Light snack and refreshments provided**

**FOR MORE INFORMATION CONTACT  
FLAMAN MC CLOUD (707) 393-8879**