

**March 2019**

**Free Classes and Services**



**Soft Voices Art Therapy** Wed March 13 and  
Wed March 27  
11:45 am -12:30 pm OUR Center Café



**Gentle Yoga with Matt K** Thurs March 14 and  
Thurs March 28  
9:30-10:30 am Classroom B

**Mindful Living Group** every Friday 1:00-2:00 pm  
Classroom B



**Saint Benedict Health & Healing Ministry** every  
Thursday 11:00 - 1:00 Lobby

**Salud Mobile Health Unit** Wed March 13  
9:00 am - 12:00 pm Parking Lot



**Colorado Pet Pantry** Tues March 19  
9:00-11:00 am Parking Lot

**All classes/services above are drop-in.**

**Financial Skills Class in Spanish**  
Wednesday March 13  
4:30-6:00 PM Classroom A & B  
Please register at Front Desk



**Word Press Class**  
**Computer Lab**

**Thursday March 7th 9:00-1:30 PM**  
Class full but please see front desk to be waitlisted for  
future classes



**Not Free (will take Medicaid):**  
**Dental Aid - on site cleanings and exams**  
Fri March 8th 9:00 am - 4:00 pm  
Please make Appointment at Front Desk



**OUR CENTER**  
*Paving the Road to Self Sufficiency*