



WELLNESS NETWORK ONLINE DROP-IN

PARTICIPATE IN WELLNESS ACTIVITIES
LEARN ABOUT WELLNESS TOOLS AND COMMUNITY RESOURCES
LISTEN TO GUEST SPEAKERS - FEEL CONNECTED TO A COMMUNITY
TALK ONE-ON-ONE WITH A PEER NAVIGATOR

**COME AND JOIN THE PEER NAVIGATORS ON ZOOM
THURSDAY'S FROM 1:30 PM TO 3:30 PM**

on Thursday's at 1:30 pm use the zoom link below by opening the link to enter the Online Drop-in

Join Zoom Meeting

<https://us02web.zoom.us/j/83694944583?pwd=VzZUbzZkRHRad2ZyMVBvRlFWaW90UT09>

Meeting ID: 836 9494 4583
Passcode: 635571

**You may also use your camera on your phone to scan the QR code below
to get to the Peer Support Page on our website at www.wellnessnetworkedmonton.com
where you will find the zoom link posted there to click on**

