



wellness
NETWORK

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 1:1 WITH
A PEER NAVIGATOR

THURSDAYS

FROM

12PM-2PM



GO TO

[WELLNESSNETWORKEDMONTON.COM](https://wellnessnetworkedmonton.com)

OR CALL 587-988-9144

FOR MORE INFORMATION

HOVER THE CAMERA OVER QR CODE
AND CLICK THE BANNER ABOVE TO
CONNECT TO OUR PEER NAVIGATOR
WEBSITE TO FIND OUR DROP-IN
POSTER.

ZOOM LINK:

[HTTPS://US02WEB.ZOOM.US/J/836 94944583?](https://us02web.zoom.us/j/83694944583?pwd=VZZUBZZKRHRAD2ZYMVBVRLFWAW90UT09)
[PWD=VZZUBZZKRHRAD 2ZYMVBVRLFWAW90UT09](https://us02web.zoom.us/j/83694944583?pwd=VZZUBZZKRHRAD2ZYMVBVRLFWAW90UT09)
MEETING ID: 836 9494 4583
PASSCODE: 635571