



# **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  
WEDNESDAYS FROM 1:00 PM TO 3:00 PM  
STARTING MAY 3, 2023**

**on Wednesdays at 1:00 pm use the zoom link below by opening the link to enter the Online Drop-in**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/88620733044?pwd=dGdWVER6aG54d05tNHN5VTZ6anpjQT09>**

**Meeting ID: 886 2073 3044  
Passcode: 211767**

**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](http://www.wellnessnetworkedmonton.com)  
where you will find the zoom link posted there to click on**

