

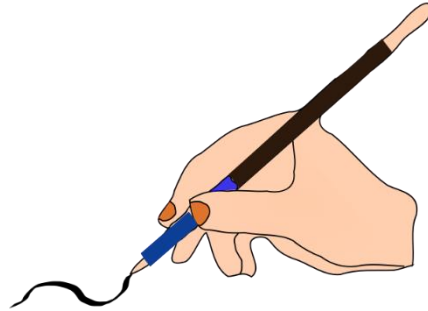
Wellness Center Zoom Groups Calendar *August 2022*



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>No Groups</i></p>	<p>2</p> <p><i>No Groups</i></p>	<p>3</p> <p><i>No Groups</i></p>	<p>4</p> <p><u><i>Creative Writing Group</i></u> <u><i>4:00pm</i></u></p>	<p>5</p> <p><u><i>Grief and Loss Group</i></u> <u><i>11:00am</i></u></p> <p><u><i>Yoga for All</i></u> <u><i>1:30pm</i></u></p>
<p>8</p> <p><i>No Groups</i></p>	<p>9</p> <p><i>No Groups</i></p>	<p>10</p> <p><i>No Groups</i></p>	<p>11</p> <p><u><i>Creative Writing Group</i></u> <u><i>4:00pm</i></u></p>	<p>12</p> <p><u><i>Grief and Loss Group</i></u> <u><i>11:00am</i></u></p> <p><u><i>Yoga for All</i></u> <u><i>1:30pm</i></u></p>
<p>15</p> <p><i>No Groups</i></p>	<p>16</p> <p><i>No Groups</i></p>	<p>17</p> <p><i>No Groups</i></p>	<p>18</p> <p><u><i>Creative Writing Group</i></u> <u><i>4:00pm</i></u></p>	<p>19</p> <p><u><i>Grief and Loss Group</i></u> <u><i>11:00am</i></u></p> <p><u><i>Yoga for All</i></u> <u><i>1:30pm</i></u></p>
<p>22/29</p> <p><i>No Groups</i></p>	<p>23/30</p> <p><i>No Groups</i></p>	<p>24/31</p> <p><i>No Groups</i></p>	<p>25</p> <p><u><i>Creative Writing Group</i></u> <u><i>4:00pm</i></u></p>	<p>26</p> <p><u><i>Grief and Loss Group</i></u> <u><i>11:00am</i></u></p> <p><u><i>Yoga for All</i></u> <u><i>1:30pm</i></u></p>

Wellness Center Zoom Groups Information

THURSDAY



Thursday's
Creative Writing through Zoom
4:00PM-5:00PM
@Zoom with
Barbara Carrillo
@ bcarrillo@mhala.org

Creative Writing Meets on Zoom

You can join the group by using one of the following three options.

1. Click this link
<https://us06web.zoom.us/j/86501996628?pwd=UIRBN3o2VDQrUkVsc3RncGZET0Vjdz09>
2. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 865 0199 6628
Passcode: 142632
3. Call 669-900-9128. When asked, enter the Meeting ID (865 0199 6628) and Passcode: 142632

FRIDAY



Grief and Loss Group through Zoom

Fridays 11:00AM-12:00PM

@Zoom with

Helen Ciriello

hciriello@mhala.org

Grief and Loss Group Meets on Zoom

You can join the group by using one of the following three options.

4. Click this link

<https://us06web.zoom.us/j/82938124633?pwd=QmtKejFsQnFGV0QwWVp6OTFuaEhudz09>

**5. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 829 3812 4633
Passcode: 232177**

6. Call 669-900-9128. When asked, enter the Meeting ID (829 3812 4633) and Passcode: 232177



Chair Yoga for Everyone through Zoom
Fridays 1:30PM-2:30PM
@Zoom with
Helen Ciriello
hciriello@mhala.org

Yoga for All Meets on Zoom

You can join the group by using one of the following three options.

1. Click this link
<https://us06web.zoom.us/j/82488120694?pwd=MERKSUNrYndid0ZtSUVKdjhxajhpdz09>
2. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 824 8812 0694
Passcode: 454708
3. Call 669-900-9128. When asked, enter the Meeting ID (82488120694) and Passcode: 454708