

# *Well on the Way* **Wellness Waypoints**

## **Next Stop: Social Connection**

**11/13 • 2:00 p.m. on Zoom**

**Explore Social Wellbeing in the Workplace**

**Co-Pilots: Lydia Czech & Desiree Restad**

**MPHTC Wellness Program**



**Scan  
Click  
Register**

**Hop In  
Connect  
Share**

***Wellbeing is a Journey***

**Care**

***We're traveling this road together***