

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

## **Next Stop: Gratitude Meditation**

**11/24 • 2:00 p.m. on Zoom**

**Peer Sharing & Restorative Reset**

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

**MPHTC Wellness Program**



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***Wellbeing is a Journey***

**Care**

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