

# Recharge

Addressing Wellness in a time of Uncertainty  
This group is for those struggling but have no benefits



to register, contact:  
Tracy Harvey  
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Facilitators:  
Tracy Harvey, Margaret Miles

Thursdays beginning April 2  
9-10 am  
On-line through Zoom

Cost:  
No charge  
Will accept first 12 registrants

In uncertain times, it is normal for anxiety and worry to increase. This on-line group will provide support and information with regards to helping people focus on wellness and individual growth. The approach will consider individuals in the context of the combined influence that psychological factors and the surrounding social environment have on their physical and mental wellness.

- Must have access to internet access (will be lead through Zoom)
- 6 sessions (60 min) - every Thursday for 6 weeks