



# LONG COVID AWARENESS WEEK 2026

JOIN US :  
**ONLINE  
MEETUP**



MARCH 14, 2026

10:00 AM - 12:00 PM

## About Our Event!

### MEET UP WITH US VIRTUALLY!

Please join us to gather together in community & raise awareness around Long Covid!

Grab your coffee and join us on Zoom. You are welcome to participate at comfort level with your camera on or off

This event will feature group online discussions with breaks to “virtually” join our in-person event

## Online Event Highlights

- ▶ 10:00am - 10:30am -Your Health, Navigating Care
- ▶ 10:30am - 10:40am - Live from the in-person meet-up
- ▶ 10:40am - 11:30am -Managing Energy, Impact of Long COVID on Identity, Relationships & Mental Health
- ▶ 11:30am - 11:40am - Live from the in-person meet-up
- ▶ 11:40am - 12:00pm- Caregiving & Being Cared for, Navigating Hope, Finding Small Wins

Join Us ONLINE  
any time between 10am - 12pm  
by using this Virtual Link or QR code:  
<https://us02web.zoom.us/j/81550468068>



Website:

[LongCOIDAwarenessWeek.com](https://www.LongCOIDAwarenessWeek.com)