



BUILDING COMMUNITY RESILIENCE:

A free virtual gathering

Sponsored by Northern Lakes CMHA

WHEN

October 6, 2021

1:30–3pm

Keep moving in October!

JOIN US!

Discuss what has helped us get through Covid and stay busy and moving, see a garden and food demonstration by Clubhouse members, learn and talk about movement toward wellness, share positive opportunities, and have great conversations! What have YOU done to take the first step to make a new routine to keep moving?



**RESERVE YOUR
SPOT NOW AT**

www.northernlakescmh.org

RSVP by October 5, 2021

**Look in the Recent News for
Building Community Resilience**

INSTRUCTIONS

**For video instructions on how to download Microsoft Teams, look in the Recent News on the website above! Any IT questions, please feel free to contact Ann Ketchum.
Phone: 231-876-3232**

QUESTIONS

**For any other questions about this event, contact Karla Eisner.
E-mail: karla.eisner@nlcmh.org
Phone: 231-935-3963**