

HIGHWAY TO WELL

your personal wellness journey

JUNE

INTELLECTUAL WELLNESS HIGHWAY TO WELL WEBINAR

WHAT IS INTELLECTUAL WELLNESS?

JUNE 2ND @ NOON BY ZOOM

WELLBEING WORKSHOPS

EXPLORING STRATEGIES

JUNE 10TH @ NOON BY ZOOM

EXPLORER'S CAFE

JUNE 16TH @ NOON BY ZOOM

INTELLECTUAL WELLNESS AT WORK


JUNE 23RD @ NOON BY ZOOM


EVER CHANGING BRAIN PODCAST

JUNE 30TH @ NOON BY ZOOM



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#HIGHWAYTOWELL

What direction do you want to go in today?



To register for any of the sessions, please email wellness@waypointcentre.ca

Or click on the Zoom link below

Join Zoom Meeting

<https://waypointcentre-ca.zoom.us/j/5683851644>

Meeting ID: 568 385 1644