

NEW!! Wellness@Waypoint

In light of all the changes, Wellness is going to promote a weekly series on areas that will keep you well during this time.

Click on the photo for the link to resource. If for some reason the links do not work, email Send me the Wellness @ Waypoint Package and I will make sure one gets printed and to you 😊

Stay tuned for resources for Care desks- things that will keep you well while at work during this time.

You can also follow us on Facebook (Wellness @ Waypoint) and join in the community of amazing front line workers and colleagues.

