



# **Weekly Wellness Group**

**Every Wednesday, 1pm**

Join the ElderSAFE Center each week for our weekly wellness group! We discuss mental and physical health, financial scams, current news, and more! Newcomers are welcome!

Meeting ID #: 956-4095-8098

You can join by phone: Call 301-715-8592

You can join by computer at:

<https://zoom.us/j/95640958098>