

WEEK OF WELLNESS

In recognition of Mental Health Awareness Month, especially in the face of unique and anxious times, let's come together to recognize the voices of young people and learn how they are navigating through these difficult challenges.

TAYble Talk .
Guided Meditation .
Zumba . Movie Night .
Open Mic IG Takeover .
WOW Word of the Day
Trivia

JOIN US
VIRTUALLY
MAY 4 - 9, 2020
FOR DAILY WELLNESS ACTIVITIES

FOR THE LIVE PREMIERES FOLLOW US ON FACEBOOK
@OCPBROWARD OR USE #ALONETOGETHERBROWARD
TO ACCESS LINKS VISIT US AT WWW.OCP3.ORG




SCHEDULE

For more details, email
Tiffany Lawrence,
tlawrence@bbhcflorida.org

Monday, May 4th at 4PM
TAYble Talk

Tuesday, May 5th at 4PM
Guided Meditation

Wednesday, May 6th at 6PM
 **ZUMBA** with Johane

Thursday, May 7th at 7PM
MOVIE NIGHT
"Spider-Man: Into the Spider-Verse"

Friday, May 8th all day
Open Mic IG Takeover

Scan QR code or click on
bit.ly/wowtrivia to participate in
the WOW Word of the Day Trivia.



South Florida
**Wellness
Network**
RECOVERY • RESILIENCY • WELLNESS

