

# 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](http://WWW.OCP3.ORG)



# SCHEDULE

**Monday, May 4th at 4PM**  
**TAYble Talk**

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

**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](https://bit.ly/wowtrivia) to participate in  
the WOW Word of the Day Trivia.

