



# Thursday Tea and Chat

## Join us for a free 30-minute Virtual Meeting!

Join us for a social break. Grab a cup of tea or coffee, and jump on this call with other New Vitality members.

Catch up with each other and find out what types of activities others are doing to keep safe, healthy and have fun.

**Every Thursday, 10:00 to 10:30am**

Link to join:

<https://zoom.us/j/905697604>

Meeting ID: 905 697 604

Password: Nv2020

Please call 1-844-472-8499 or email [newvitality@atlantichhealth.org](mailto:newvitality@atlantichhealth.org) if you have any questions.



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