



Join us on a SAC6 ZOOM CHAT!!

COVID Journey– Our Mental Health



**Call SAC6 with
any questions**
209-955-3306
SAC6@vmrc.net

Supported by:



SAC6



Join SAC6

**To hear about Covid Journey-
Our Mental Health
Presented by:
Dr. Dave Demetral**



Wear RED, WHITE & BLUE on Friday!
Join Zoom Meeting
[https://us02web.zoom.us/j/84268085812?
pwd=enByait3VU9XeUx6UmcrWHZPTnpWdz09](https://us02web.zoom.us/j/84268085812?pwd=enByait3VU9XeUx6UmcrWHZPTnpWdz09)

Meeting ID: 842 6808 5812

Passcode: 392274

**You must enter the Password
OR you can call in:**

TOLL FREE NUMBER TO CALL IN-
888 475 4499 US Toll-free
877 853 5257 US Toll-free

Also– VMRC Update by Tony Anderson