



Continuing to



Date: November 12, 2020
Time: 5:30 p.m. – 6:30 p.m.

Zoom Registration Link:
Join Zoom Meeting
<https://us02web.zoom.us/j/2060264752>
Meeting ID: 206 026 4752

+16465588656,,2060264752# US (New York)
+13017158592,,2060264752# US (Germantown)

For further information, contact:
Carlen Padmore-Gateau,
cpadmoregateau@schools.nyc.gov

Embracing Healthy Thoughts
Self-Management

Taking Care of your body
Finding Purpose by Helping Others