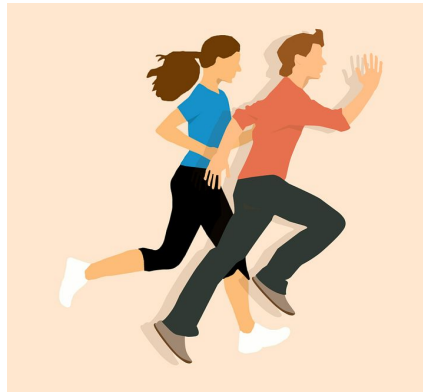
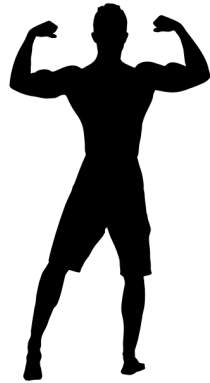


Physical Health Workshop: Exercise Fuels Your Mind. Let's Move To Improve!



WHEN: Monday, October 26, 2020

TIME: 1:00PM - 3:00PM

Learn how to:

- Let go of trying to control other people; I can only control myself
 - My Thoughts
 - My Words
 - My Choices
 - My Actions
 - My Reactions
 - My Future

WHERE: **zoom**

SIGN INTO ZOOM (online or app)

1. ENTER ZOOM ROOM ID NUMBER: 836 8827 7431

2. PASSWORD: **ASK US FOR PASSWORD**

Please contact Elbert Cruz at elbertc@dhhsc.org or [559-697-0321](tel:559-697-0321) to obtain the meeting ID and password and/or, if you have any questions.

I look forward to meeting you all on Zoom!

