

Insights – open for business in spite of the COVID-19 virus

Hello friends,

Due to the latest restrictions to deal with COVID-19, we have decided to try an on-line video this **Thursday evening, 26th March 2020 at 7 pm** rather than our usual meeting at Wellways. We will be using the application Zoom which you can download free on a computer, tablet, laptop or smartphone in the comfort of your home.

If you would like to join us, please send an email to insightsmhballarat@gmail.com and we will contact you to help set it up (it is fairly simple). Hopefully it will be a lot of fun. I know it will be lovely to talk to you all. The topic for this month will be “Living life to the full despite the COVID-virus”.

We will be checking in with each other, voicing our concerns, thoughts and feelings and helping each other through this.

We will send you the meeting ID and password for the Zoom meeting if you would like to be involved.

For queries, please ring Mark 0419 842 527

Email insightsmhballarat@gmail.com

