meridian wellbeing

Activities

Zoom Links

Date	Date	Activity	Zoom Link	ID and Password
Monday	12pm to 1pm	**Wellbeing Club** **Tai Chi Exercise**	https://us02web.zoom.us/j/4940121562?pwd=TW9mVmdnVkVzL2tQQXpRYlozRk9LZz09	Meeting ID: 494 012 1562 Passcode: 494
Monday	1.30pm to 2.30pm	**Wellbeing Club** **Dancing Exercise**	https://us02web.zoom.us/j/4940121562?pwd=TW9mVmdnVkVzL2tQQXpRYlozRk9LZz09	Meeting ID: 494 012 1562 Passcode: 494
Monday	4pm to 5pm	**Wellbeing Workshop** **Managing Challenging Emotions**	https://us02web.zoom.us/j/84181069602?pwd=WlZRUVVYLzZiVGVjWkZiSjhBUUtFUT09	Meeting ID: 841 8106 9602 Passcode: 426521
Monday	5pm to 6pm	**Wellbeing Workshop** **Supporting Wellbeing & Self Care**	https://us02web.zoom.us/j/85258304833?pwd=TkU0eExUdGFEMzVDSGZMN29WanFOQT09	Meeting ID: 852 5830 4833 Passcode: 397708
Tuesday	3pm to 4pm	**Tai Chi Beginners** **Exercise Class**	https://us02web.zoom.us/j/4940121562?pwd=TW9mVmdnVkVzL2tQQXpRYlozRk9LZz09	Meeting ID: 494 012 1562 Passcode: 494
Thursday	1pm to 1.45pm	**Social Club** **Health Talk (Cantonese)**	https://us02web.zoom.us/j/4940121562?pwd=TW9mVmdnVkVzL2tQQXpRYlozRk9LZz09	Meeting ID: 494 012 1562 Passcode: 494
Thursday	1.45pm to 2.30pm	**Social Club** **Physical Exercise**	https://us02web.zoom.us/j/4940121562?pwd=TW9mVmdnVkVzL2tQQXpRYlozRk9LZz09	Meeting ID: 494 012 1562 Passcode: 494
Thursday	2.0pm to 3.15pm	**Social Club** **Chair Yoga**	https://us02web.zoom.us/j/4940121562?pwd=TW9mVmdnVkVzL2tQQXpRYlozRk9LZz09	Meeting ID: 494 012 1562 Passcode: 494