

## **ZOOM GROUP SCHEDULE**

## www.myindependentliving.org

Serving people with disabilities in the Mid-Hudson Region since 1987



3/17	Comfort Zone
3/24	Mental Health Quotes
3/31	Mental Health in Music and the Media
4/7	8 Dimensions of Wellness

Zoom address: <u>https://us02web.zoom.us/j/82113319128</u> Telephone: 1-646-876-9923 Meeting ID: 821 1331 912

Use <u>Zoom App</u> for face to face interaction on computer or mobile devices OR access by telephone. Zoom is a web-based video conferencing tool with a desktop client and a mobile **app** that allows users to meet online, with or without video. Please call 845-794-3322 ext. 401 or 845-342-1162 for help getting connected.