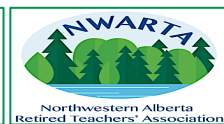


Wellness Coffee Chats just for YOU!!



Thanks to ARTA's Extended Health Plan and HumanaCare

(a service available through the plan), NWARTA has **two Coffee Chats** scheduled for this month.

These Coffee Chats are **open for anyone to join**; you do not need to be a member ARTA's Extended Health Plan.

**Friday,
March 18
10:00 am
MDT**

Adapting to the Changes the Pandemic has Brought

Join for a chat with members and a presentation by Lisa Butcher, Registered Clinical Counsellor with the BC Association of Clinical Counsellors. She holds a master's degree in counselling psychology. For the past 15 years Lisa has worked with patients and families dealing with crisis and trauma in front-line health care and has over a decade of experience working with both youth and adults experiencing physical and mental health issues.



... and we're not referring
to daylight savings time.

Join Zoom Coffee Chat Friday, March 18, 9:00 am

<https://us02web.zoom.us/j/81586628903?pwd=TG9LR1FsVi9YZGZSeDZ2UkEwTGRDZz09>

Meeting ID: 815 8662 8903

Passcode: 679854