

## Wellness Coffee Chats just for YOU!!



**Thanks to ARTA's** Extended Health Plan and *HumanaCare* (a service available through the ARTA plan), NWARTA has **the second Coffee Chat** 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 25  
12 Noon  
MDT**



### Sleep, Precious Sleep

Again, 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 issue

Join Zoom Coffee Chat Friday March 25, 12 Noon

<https://us02web.zoom.us/j/87905611393?pwd=OFhlaE9paFdoaDZLeWdXSys2NVpqQT09>

Meeting ID: 879 0561 1393

Passcode: 405188