

Wellness Wednesday Follow-Up

First, thank you all for joining us for our first Wellness Wednesday! We will be continuing this program on the **third Wednesday of every month at 3:30PM**. The next scheduled date is **April 21, 2021 at 3:30PM**, we will have Program Coordinator Quinci Christian and Executive Director Ann Marie Worman on to discuss **Resolutions vs. Mindsets**. Please click the links below to register in advance.

<https://us02web.zoom.us/meeting/register/tZYkf-6hrz8sE9faCkGvK9WqPaazHh-OqEbb>

Meeting ID: 829 8791 4693

Passcode: 552411

If you missed this week's presentation with Rosie Molinary we have attached links to one of her previous webinars, very similar to what we had this week and some brief self-care check-in notes from our meeting.

Previous Webinar: <https://vimeo.com/user52187226/review/405139738/92c8cf3c>

Rosie's Website: <http://rosiemolinary.com/>

Additional Resources (also available on Rosie's Website under resources):

<https://www.parkinsonassociation.org/wp-content/uploads/2021/03/Self-Care-Resources-.docx>

Self-Care Check-In Notes:

5 questions to check-in with yourself:

1. What is a word to describe how you are doing right now and why?
2. My body feels...
3. My mind feels...
4. My heart feels...
5. What do you need right now more than anything else?