

# On-Line Wellness MEETINGS



Due to the Nationwide impacts of the COVID-19 virus, many people who are in recovery are finding their in-person meetings cancelled.

***Please don't allow cancelled meetings stop you from enjoying the gifts of recovery.***

You can attend online meetings at **[intherooms.com](http://intherooms.com)** and **[wewalkthetalk.org](http://wewalkthetalk.org)**. Here you can find any meeting from NA to Thursday night Wellbriety meetings.

You can also search for Michael Ochoa's ***New Direction Wellbriety Group*** on Facebook. It is supported by the Wellbriety Movement.

While it is very important to practice social distancing right now, it is also vital that you practice self-care and recovery practices. So please log on to **[intherooms.com](http://intherooms.com)** or **[wewalkthetalk.org](http://wewalkthetalk.org)** and attend the free meetings for your health.

