**142nd Wing**

**Weekly Wellness Check In**



Join us for an opportunity to connect with other members of the 142nd to share how you and your family are doing, discuss challenges, get tips and resources.

These check ins are hosted by the Oregon Military OneSource State Consultant and Director of Psychological Health.

This will be a weekly session on Fridays at lunch time the first session is April 24th, 2020 at 1:00PM

Join the meeting at: <https://militaryonesource.zoom.us/my/mosoregon> Use passcode 443712 If you prefer to call in use 1-669-900-6833, otherwise you may use the device audio.



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**This is a secure “Zoom for Healthcare” which has multilayer security with AES-256 encryption. You can access this from your personal computer, tablet or smartphone. There is also a call in only option that will be provided after webinar registration.**