



# My Health Matters and So Does Yours

This meeting is designed for folks wanting to learn more about health and how to promote individual, family, and community health!

We will use a variety of ways for engagement: Guest speakers, health education, open discussion, support, and more!

**Zoom link:** <https://uoflhealth.zoom.us/j/6531933068>



**Stay Healthy,  
Stay Home!**

**Join Using Zoom**

Zoom link:  
<https://uoflhealth.zoom.us/j/6531933068>  
ID#: 653 193 3068  
Zoom phone #:  
1 653 193 3068

Join Us!  
Every Monday  
6:30 pm – 7:30 pm

For more information  
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