



May 2022



Total Wellness Club Online Activities

MAY IS ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	4 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09	5 Cinco de Mayo TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	6 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	7 Saturday Coffee Chat 10:00 am https://us06web.zoom.us/j/83082868367
8 	9	10 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	11 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09	12 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	13 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	14 Saturday Coffee Chat 10:00 am https://us06web.zoom.us/j/83082868367 Men's Group 4:00 pm https://us06web.zoom.us/j/85246040724
15	16	17 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	18 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09	19 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	20 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	21 Saturday Coffee Chat 10:00 am https://us06web.zoom.us/j/83082868367
22	23	24 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	25 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09	26 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	27 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIIVU2K1pCMUVZbG11Zz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	28 Saturday Coffee Chat 10:00 am https://us06web.zoom.us/j/83082868367
29	30 	31 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	<div style="display: flex; align-items: center;">  <div> <h3>Mindful Movement</h3> <p>EVERY THURSDAY AT 2:00 PM STREAMING LIVE ON FACEBOOK * PLEASE JOIN US!</p> </div> </div>			



Mental Health Month 2022
 San Mateo County

To learn more about Mental Health Month 2022 Events in San Mateo County
 Click this button:

SMCMENTALHEALTHMONTH.ORG