

HOW TO GET YOUR MOJO BACK AFTER COVID-19

RECONNECTING IN A WORLD OF DISCONNECTION AND SOCIAL ISOLATION



PRESENTED BY DR. COREY MARTIN, A YALE-TRAINED FAMILY PHYSICIAN

Since COVID-19, do you feel like you have lost your mojo? Do you find it difficult to connect with friends, family and colleagues? When you scroll through social media, do you wonder how people can really think that way? Do you think that maybe, just maybe, we are more alike than different AND if given the chance, we could once again have meaningful, connecting conversations that would fill our hearts and connect us in ways that we long for?

This talk is a powerful, experiential session based on the principles of the Center for Courage and Renewal that will help you understand how much power and control you have to make a meaningful difference in creating the connected life we all long for.

REGISTER ONLINE AT [MWCAC.ORG/RSVP](https://www.mwcac.org/rsvp)



Mental Wellness Campaign
— For Anoka County —

FREE COMMUNITY EVENT

TUESDAY,
APRIL 19



6:30pm - 7:30pm

**ANOKA HIGH SCHOOL
OR VIRTUALLY**

Interactive breakouts