

08:43:09 From Kathleen Christie : Meditation Practice Motivation: I committed to a weekly class my work offers that increased my accountability, YES - Apps: Calm, Insight Timer, Head Space, find a YouTube channel you like and schedule 10-20 minutes a day, approach every day activities AS meditation, and take a look at the TED Talk: Debunking 5 Myths of Meditation for inspiration!

08:46:07 From Amanda Langseder : The Garnet Health Diabetes Prevention Program starts today at 4:30pm!

08:51:02 From Amanda Langseder : Great job, Meaghan! For more copies of the Sullivan 180 Community Resource Guide, feel free to email me at [alangseder@sullivan180.org](mailto:alangseder@sullivan180.org) HEALTH MEANS BUSINESS!

08:53:46 From Meaghan Mullally-Gorr (she/her) Sullivan 180 : For QPR & Mental Health Trainings please feel free to visit our website [www.sullivan180.org](http://www.sullivan180.org), or email [jsanchez@sullivan180.org](mailto:jsanchez@sullivan180.org). For information on Community Health Champions. Club 180s or the Empowering a Healthier Generation program please email me, [mmullally-gorr@sullivan180.org](mailto:mmullally-gorr@sullivan180.org)

08:57:58 From Meaghan Mullally-Gorr (she/her) Sullivan 180 : I have to head into a training. It was wonderful seeing and learning from all of you this morning. Thank you for having me and have a great day.

08:59:30 From Janet Syvertsen : Thank you great presentations!