

# FRONT LINE CARE WORKERS ONLINE SUPPORT GROUP



Beginning May 14th  
Thursdays 4:00 - 5:30 pm

This is a free offering to our community.

## WE WELCOME:

- Front line workers:
  - EMT
  - Firefighters
  - Law enforcement
- Healthcare workers:
  - Doctors
  - Nurses
  - Behavioral health



Mesa Vista  
WELLNESS

To join, or for more information, please visit our website at  
[mesavistawellness.com](http://mesavistawellness.com)  
or call our front desk at 505-983-8225

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TRANSFORMATIVE, WHOLE-HEARTED LIVING