

April

We are urging all members of the public to follow public health guidelines and stay home unless absolutely necessary.

All calendar updates are suspended until further notice.

Trusted events will be shared in our moderated Facebook group where members will monitor and comment on the immediate relevance and relative safety of proposed gatherings.

Our intent is to continue providing urgent and trusted medical advice, reliable wellness information, personal care advice, mental health support and innovative opportunities to support each other as individuals and businesses through these next few months.

PLEASE STAY HOME.