

Ingham Local Leadership Group Presents...

# Journey to Vitality...

## A Virtual Parent Café

Grab a cup of coffee, tea, or cocoa and join us!

☺ Conversations to promote well-being and a healthy you

☺ Meet new people

☺ Share your parenting experience

☺ Learn about community resources

Who: Parents of Young Children

When: **1<sup>st</sup> Tuesday of the month**  
**November 2<sup>nd</sup>      December 7<sup>th</sup>**  
**@ 4:30pm-5:30pm**

Where: **Join Zoom**

Meeting Link:

<https://us02web.zoom.us/j/89552685149?pwd=RTBrcjUwbWxMWnBIT294Y1VRYW9Pd09>

**Meeting ID: 895 5268 5149**

**Passcode: 623633**

**For questions or more information, contact Kae at**  
**[kdubay82@gmail.com](mailto:kdubay82@gmail.com) or 586-489-5587.**

