

RESILIENCE IN LOCKDOWN



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Today!

# HOW ARE YOU DOING?

## Friday check in at noon!

Join us every Friday at noon live for helpful hints and tips on how to stay resilient during lockdown. It's FREE and you can remain anonymous. You can also join us on the Lucy Rayner Foundation facebook page.

Zoom link below:

[tinyurl.com/y3znlcm5](https://tinyurl.com/y3znlcm5)

Password:

**948536**

[info@thelucyraynerfoundation.com](mailto:info@thelucyraynerfoundation.com)

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