



**MARCH 17, 2021**  
**ONE YEAR POST COVID-19:**  
**BUILDING ON OUR STRENGTHS**

**Guest Speaker**



Dena Kahle, M.S. LMFT  
Behavior Health Wellness Coordinator

You are invited to join us for a One Year Post COVID-19 discussion and learn tips on how to build your strength to keep moving forward. Also learn how you can join CWN's Walk to Build Wellness Challenge! We want to encourage your efforts of taking care of your health by walking to build wellness with a chance to win a prize. Please visit [CWN online store](#) to order your shirt and join the challenge.

**Mission:**

The County Women's Network (CWN) empowers individuals and fosters the professional and personal growth of all who support CWN's values and objectives by providing participants opportunities to network, engage in workshops and community activities.



County Women's  
Network

Location: Via Zoom

Time: 6:00 PM- 7:00  
PM

Click [HERE](#)  
to Register

