

# WHATS APP GROUP You Can Join

**Buddies Unite** “Sharing Rounds” <https://chat.whatsapp.com/6czEpMRMbvNIMi15wiulF6>

**Winstons Micro Dose’n Tool** “Elevation Tools ” <https://chat.whatsapp.com/FKNC3KRotHfJ1RymwvJ9Sj>

**Accountability Buddies** “Create New Habits” <https://chat.whatsapp.com/BAMOu1QuGzRAcDCd2Njife>

**Neuroplasti-Party** “Dance, Karaoke, & Play” <https://chat.whatsapp.com/LspNpQronJk2cNSofj6wdE>

**Literary Book Club** “An Awesome Book Club” <https://chat.whatsapp.com/L5QnDRa45axHHdAYqh4FGk>

**Popposites Group** “Working it Out” <https://chat.whatsapp.com/HK0obWnpPki6omBMBHDic5>

**Celebrations (DNRS only)** “A Place To Share Joy!” Contact Wyndie Mileski through the DNRS Forum

**Art For Fun & Wellness** “Our Love of Creating” <https://chat.whatsapp.com/CvMwrAeOcdiIjbQQwhCLY2>

**EFT/Tapping for Brain Retrainers** “EFT Recordings” <https://chat.whatsapp.com/LPNjt9lsLgP8iRf8lZUwx7>

**Boogie Down** “Dance Parties” <https://chat.whatsapp.com/IIUbT4GNIIW6Yanx5Om6OJ>

**Recorded Rounds** “Listen to Others Rounds” Contact Tracy Dyke or Lisa Siegel through DNRS Forum

**Improv With Us** “Group Easy Improv” <https://chat.whatsapp.com/C6TodDIdxBO8z6H7u3jF5p>

**DNRS Magazine** “Resource for Positive Entertainment” <https://chat.whatsapp.com/LIPyfkOFu2XGhdBAZrt3t8>