

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/CvMwrAeOcdiJbQQwhCLY2>

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>