Pause for a moment and do something to lighten your soul – join with kindred spirits for a stress-busting gathering. Whether you are on the front lines providing health care, working from home and feeling isolated, or taking care of little ones and desperate for some adult time, claim 45 minutes. Meet some new people, share your latest humorous memes, videos, or song adaptations that have emerged due to the pandemic, or otherwise engage in some light-hearted conversation.

Join Zoom meeting:  https://harvard.zoom.us/j/2718686728
Join by telephone:  +1 312 626 6799
One tap mobile:  +13126266799,,2718686728# US (Chicago)

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Questions?  Contact:  Leah_Fygetakis@hms.harvard.edu