

# Neighbor Up For Community Health & Wellness

**CONNECT AT THE ST. JOHNSBURY  
COMMUNITY HUB**

A Health & Wellness  
Conversation about  
our community's

- *Physical Health*
- *Mental Health*
- *Emotional/Social Health*



You are invited to  
join a conversation  
about community  
well-being because  
of a connection you  
have to a provider  
and/or agency.

Share connection,  
conversation, and  
refreshments.

Come as you are.



Join us on one of the  
following nights:

- *Fri, May 13th*
- *Tue, May 17th*
- *Wed, May 18th*

From 5:30-7PM

**RSVP REQUESTED  
& ENCOURAGED**

Email [juliet@umbrellanek.org](mailto:juliet@umbrellanek.org)

**Time: 5:30-7P**

**Place: The HUB**

438 Railroad St, # 2 in  
St. Johnsbury



Questions? Email [juliet@umbrellanek.org](mailto:juliet@umbrellanek.org)

Phone: 802-535-1985