



What are Wellness Networks?

The Wellness Networks are volunteer community networks made up of members of local groups, organizations, municipalities, schools and workplaces who have an interest in working together to enhance wellness in their community and/or region. They are organized by geographic area.

Each Network is unique and has its own focus and priorities. Some networks are long standing and well known in their community/region while others are just getting started. The activities they plan depend on the priorities in their community/region, which are most commonly determined at a regional public forum on wellness. Activities range from planning and hosting public wellness events and activities to sharing information on what each member organization/group is working on to build partnerships and promote collaboration. The [Regional Wellness Consultant](#) provides support to the Network(s) located in their region.

If your group is planning or working on a wellness-related initiative or event in your community, think of connecting with a Wellness Network in your area. By working together, we can create a culture of wellness in our communities!

Restigouche Wellness Network

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