Rutgers residents can now easily find the wellness Slack link on the following website: [www.residentvillage.com](http://www.residentvillage.com). The slack account consolidates all wellness activities and projects into one platform, making it easier for all residents from different departments to stay in the loop and connect.

***"RU-OK is a peer-led wellness initiative for Residents by Residents.***

***Join intimate peer support groups, learn Covid-specific CBT techniques,***

***have a happy hour, share essays, stories, recipes and more."***

**Simply join slack via the link below**:

1. [https://join.slack.com/t/njmsrutgersresidents/shared\_invite/zt-dgg5adms-t\_mIhVDNGNPXWh5LdPp0K](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjoin.slack.com%2Ft%2Fnjmsrutgersresidents%2Fshared_invite%2Fzt-dgg5adms-t_mIhVDNGNPXWh5LdPp0KQ&data=02%7C01%7Cbushsy%40njms.rutgers.edu%7C845be90737064ed1412e08d7dfcf8fd1%7Cb92d2b234d35447093ff69aca6632ffe%7C1%7C0%7C637223954866362790&sdata=6g1ythryEFWWstQKNYyXixBN6u%2FhmIgUx7sVsjv9x2Y%3D&reserved=0)
2. Once a slack account is created, residents can sign up for weekly 'peer support group' zoom meetings that work best with their schedule.  The first meeting sign up can be accessed via the following link:  [https://doodle.com/poll/wdqdtmhf5tat5xz3](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoodle.com%2Fpoll%2Fwdqdtmhf5tat5xz3&data=02%7C01%7Cbushsy%40njms.rutgers.edu%7C845be90737064ed1412e08d7dfcf8fd1%7Cb92d2b234d35447093ff69aca6632ffe%7C1%7C0%7C637223954866372783&sdata=IGliJTqixWfSy%2FZAlhFeOaFnURiLgoLrNPLmtcINNhM%3D&reserved=0)
3. We will focus the first few zoom sessions on introducing the wellness project and clarify any questions residents may have.  This is a truly collaborative effort and we invite all departments to join and make suggestions as we work together to build our own Resident Village.