

**Eastern Iowa MHDS Region  
Adult and Family Peer Support Committee Meetings**

1<sup>st</sup> Thursday of each month 9:00 a.m.

Time: 9:00 AM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88217926995?pwd=YVNhcXp4MVpDY3FJeDRNTWdpWEwwQT09>

Meeting ID: 882 1792 6995

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**For more information, please contact Todd Noack at [todd@lifeconnectionsrecovery.org](mailto:todd@lifeconnectionsrecovery.org)**