



## FEBRUARY WEBEX EDUCATIONAL CLASSES (2020)



### FEBRUARY Classes via Webex.com

#### HEART HEALTHY EATING

**Tuesday, February 4, 4:00–5:00 PM**

Class led by our Registered Dietitian Nutritionist

#### ATTEND BY WEBEX – VIA DESKTOP COMPUTER

*If prompted to add Cisco Webex to Browser, select "Run a Temporary Application"*

**Go To: [www.webex.com](http://www.webex.com) & Click "Join" at Top.** Next, you will be prompted to enter the "Meeting Number" and then "Meeting Password".

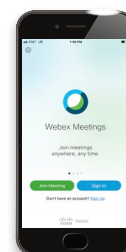
#### Heart Healthy Eating

Tuesday, February 4<sup>th</sup>, 2020  
4:00 pm | ET (US & Canada) | 1hr

**Meeting Number (access code): 625 196 088**

**Meeting Password: f2Fas3Me**

 [Click Here For Direct Link To Login](#)



**EASY TO USE!**

Download the  
"Cisco Webex Meetings" App

**NOTE:** Please List Your Full Name & Employer When Entering Name for Webex Meeting. (i.e., John Smith - ABC Health Center)

#### MINDFUL EATING/INTUITIVE EATING

**Tuesday, February 18, 4:00–5:00 PM**

Class led by our Registered Dietitian Nutritionist

#### ATTEND BY WEBEX – VIA DESKTOP COMPUTER

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**Go To: [www.webex.com](http://www.webex.com) & Click "Join" at Top.** Next, you will be prompted to enter the "Meeting Number" and then "Meeting Password".

#### Mindful Eating/Intuitive Eating

Tuesday, February 18<sup>th</sup>, 2020  
4:00 pm | ET (US & Canada) | 1hr

**Meeting Number (access code): 626 369 234**

**Meeting Password: unvK5VRK**

 [Click Here For Direct Link To Login](#)



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**NOTE:** Please List Your Full Name & Employer When Entering Name for Webex Meeting. (i.e., John Smith - ABC Health Center)

**Space is Limited for Classes**

Please Call to Register & Secure Your Spot! **888-644-1448**

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