



## **JANUARY WEBEX EDUCATIONAL CLASSES (2020)**

FREE	JANUARY Classes via Webex.com
CLASSES FOR EMPLOYEES & SPOUSES	THE NEW NUTRITION FACTS LABEL Tuesday, January 7, 4:00–5:00 PM Class led by our Registered Dietitian Nutritionist
	BEX – VIA DESKTOP COMPUTER Webex to Browser, select "Run a Temporary Application"
	x.com & Click "Join" at Top. Next, you will be prompted ng Number" and then "Meeting Password".
<b>The New Nutrition</b> Tuesday, January 7ª 4:00 pm l ET (US &	7, 2020 Meeting Password: PAPCJJi6

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

## HABIT CHANGE & SETTING ACHIEVABLE GOALS Tuesday, January 14, 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 & Click "Join" at Top. Next, you will be prompted to enter the "Meeting Number" and then "Meeting Password".				
Habit Change & Setting Achievable Goals	Meeting Number (access code): 626 221 Meeting Password: 82JJxvD3	762	EAS!	
Tuesday, January 14 <sup>th</sup> , 2020 4:00 pm   ET (US & Canada)   1hr	Click Here For Direct Link To Login	"Cisco Webex	Download the Meetings" App	

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