MY HEALTH ONSITE℠

APRIL WEBEX EDUCATIONAL CLASSES (2020)

FREE CLASSES FOR EMPLOYEES & SPOUSES

April Classes via Webex.com

AVOIDING PREVENTABLE BACK PAIN
Tuesday, April 7, 11:30am–12:30pm
Class Led by Our Health Coach

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"**.
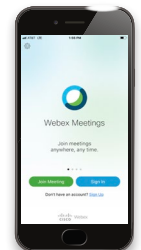
Avoiding Preventable Back Pain
Tuesday, April 7th, 2020
11:30am | ET (US & Canada) | 1hr

Meeting Number (access code): 625 454 881
Meeting Password: VdaDDWey876

🖱 *Click Here For Direct Link To Login*

EASY TO USE!

Download the lastest "Cisco Webex Meetings" App (Version 40.1.0 or Higher)

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

STRESS MANAGEMENT
Tuesday, April 21, 5:30pm–6:30pm
Class Led by Our Health Coach

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"**.
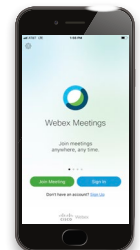
Stress Management
Tuesday, April 21st, 2020
5:30pm | ET (US & Canada) | 1hr

Meeting Number (access code): 622 813 299
Meeting Password: 6heF5zMUUY3

🖱 *Click Here For Direct Link To Login*

EASY TO USE!

Download the lastest "Cisco Webex Meetings" App (Version 40.1.0 or Higher)

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

Space is Limited for Classes
Register Now at *https://globalpage-prod.webex.com/join* to secure your spot!
(Enter Meeting Number & Password Then Add Class to Your Calendar)

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