



## 2<sup>nd</sup> QUARTER WEBEX EDUCATIONAL CLASSES (2020)

April–June

### 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](http://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 7<sup>th</sup>, 2020

11:30am | ET (US & Canada) | 1hr

**Meeting Number (access code):** 625 454 881

**Meeting Password:** VdaDDWey876



**EASY TO USE!**

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



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

### MAY Classes via Webex.com

#### EXERCISE IS MEDICINE

**Tuesday, May 5, 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](http://www.webex.com) & Click "Join" at Top.  
Next, you will be prompted to enter the "Meeting Number" and then "Meeting Password".

#### Exercise is Medicine

Tuesday, May 5<sup>th</sup>, 2020

11:30am | ET (US & Canada) | 1hr

**Meeting Number (access code):** 624 243 840

**Meeting Password:** jKKvaMVq475



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#### STRESS MANAGEMENT

**Tuesday, April 21, 5:30–6:30pm**

Class led by our Health Coach

#### ATTEND BY WEBEX – VIA DESKTOP COMPUTER

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**Go To:** [www.webex.com](http://www.webex.com) & Click "Join" at Top.  
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#### Stress Management

Tuesday, April 21<sup>st</sup>, 2020

5:30pm | ET (US & Canada) | 1hr

**Meeting Number (access code):** 622 813 299

**Meeting Password:** 6heF5zMUUY3



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#### UNDERSTANDING CARBS

**Tuesday, May 19, 11:30am–12:30pm**

Class led by our Registered Dietitian Nutritionist

#### ATTEND BY WEBEX – VIA DESKTOP COMPUTER

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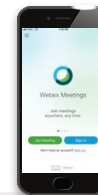
#### Understanding Carbs

Tuesday, May 19<sup>th</sup>, 2020

11:30am | ET (US & Canada) | 1hr

**Meeting Number (access code):** 627 532 517

**Meeting Password:** wKxs3YcWe72



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

[Additional Classes On Back](#)



## 2<sup>nd</sup> QUARTER WEBEX EDUCATIONAL CLASSES (2020) Cont.

April–June

### Classes via Webex.com

#### LINK BETWEEN APPETITE & HORMONES

**Tuesday, June 2, 5:30–6:30pm**

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".

#### Link Between Appetite & Hormones

Tuesday, June 2<sup>nd</sup>, 2020

5:30pm | ET (US & Canada) | 1hr

**Meeting Number (access code): 622 937 165**

**Meeting Password: mZHCKspM834**



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#### MANAGING DIABETES

**Tuesday, June 16, 11:30am–12:30pm**

Class led by our Nurse Educator

#### 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".

#### Managing Diabetes

Tuesday, June 16<sup>th</sup>, 2020

11:30am | ET (US & Canada) | 1hr

**Meeting Number (access code): 625 339 778**

**Meeting Password: EJdwJdGf638**



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

## MORE CLASSES COMING SOON FOR THE 3<sup>rd</sup> QUARTER:

**July 7 - TBD**

**July 21 - Benefits of  
Mediterranean Diet**

**August 4 - The Ketogenic Diet**

**August 18 - Plant Based Diets  
for Vegans and  
Vegetarians**

**September 1 - Beginning a  
Walking Program**

**September 15 - Intermittent Fasting**

## 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)

**FREE  
CLASSES  
FOR EMPLOYEES  
& SPOUSES**