



Proactive. Engaged. Personalized.

# FREE WELLNESS CLASSES

via Webex



## OCTOBER

### NUTRITION'S ROLE IN CANCER PREVENTION

Thursday, October 21<sup>st</sup>  
12pm-1pm & 4pm-5pm

Presented by: Registered Dietitian

10/21/2021 | 12:00pm | 1hr

Meeting Number: 2552 196 1210  
Meeting Password: Wellness

10/21/2021 | 4:00pm | 1hr

Meeting Number: 2550 483 5897  
Meeting Password: Wellness



Click on the desired class & time to **register** and **add the meeting to your calendar**

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

## NOVEMBER

### UNDERSTANDING DIABETES

Thursday, November 11<sup>th</sup>  
12pm-1pm & 4pm-5pm

Presented by: Nurse Educator

11/11/2021 | 12:00pm | 1hr

Meeting Number: 2553 980 0888  
Meeting Password: Wellness

11/11/2021 | 4:00pm | 1hr

Meeting Number: 2557 293 4456  
Meeting Password: Wellness

### NUTRITION FOR MANAGING DIABETES

Thursday, November 18<sup>th</sup>  
12pm-1pm & 4pm-5pm

Presented by: Registered Dietitian

11/18/2021 | 12:00pm | 1hr

Meeting Number: 2555 326 7957  
Meeting Password: Wellness

11/18/2021 | 4:00pm | 1hr

Meeting Number: 2555 034 5122  
Meeting Password: Wellness



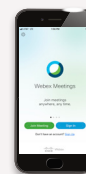
## EASY TO USE!

Go to: [www.webex.com](https://www.webex.com) & click "Join a meeting" at top. Next, you will be prompted to enter the "Meeting Number" and then "Meeting Password".



### ATTEND VIA DESKTOP COMPUTER

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



### ATTEND VIA MOBILE DEVICE

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