

# FREE WELLNESS CLASSES

via Webex

## APRIL

### ALCOHOL & YOUR HEALTH

Thursday, April 15<sup>th</sup>  
12pm–1pm & 4pm–5pm

Presented by: Nurse Educator

Thursday, April 15, 2021 | 12:00pm | 1hr

Meeting Number: 182 920 8342

Meeting Password: Wellness

Thursday, April 15, 2021 | 4:00pm | 1hr

Meeting Number: 182 483 1115

Meeting Password: Wellness

## MAY

### STRESS MANAGEMENT

Thursday, May 20<sup>th</sup>  
12pm–1pm & 4pm–5pm

Presented by: Nurse Educator

Thursday, May 20, 2021 | 12:00pm | 1hr

Meeting Number: 182 562 6359

Meeting Password: Wellness

Thursday, May 20, 2021 | 4:00pm | 1hr

Meeting Number: 182 014 0921

Meeting Password: Wellness

## JUNE

### UNDERSTANDING DIETARY FATS

Thursday, June 17<sup>th</sup>  
12pm–1pm & 4pm–5pm

Presented by: Registered Dietitian

Thursday, June 17, 2021 | 12:00pm | 1hr

Meeting Number: 182 172 1498

Meeting Password: Wellness

Thursday, June 17, 2021 | 4:00pm | 1hr

Meeting Number: 182 692 8114

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)

## LOOKING AHEAD:

**July 15<sup>th</sup>: Heat Related Illness | August 19<sup>th</sup>: Better Sleep | September 9<sup>th</sup> & 16<sup>th</sup>: PCOS and Menopause**



## 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)