

# FREE WELLNESS CLASSES

## offered through Webex

**JANUARY 25, 2022**



### CREATING & STICKING TO NEW HABITS

Learn tools and tips for how to create, implement and stick to new habits! We will discuss determining individual healthy habits for you, habit stacking, scheduling and much more!

*Presented by: Registered Dietitian and Health Coach*

1/25/2022 | 12:00pm | 1hr

**Meeting Number: 2558 784 9081**  
**Meeting Password: Wellness**

1/25/2022 | 5:30pm | 1hr

**Meeting Number: 2554 785 6494**  
**Meeting Password: Wellness**

**FEBRUARY 15, 2022**



### HOW TO PREPARE QUICK, CONVENIENT MEALS

We will discuss meal planning and preparation for busy schedules. Learn how to prepare quick, convenient, and **HEALTHY** meals.

*Presented by: Registered Dietitian*

2/15/2022 | 12:00pm | 1hr

**Meeting Number: 2559 176 0802**  
**Meeting Password: Wellness**

2/15/2022 | 5:30pm | 1hr

**Meeting Number: 2555 826 3789**  
**Meeting Password: Wellness**

**MARCH 15, 2022**



### PRE/PROBIOTICS & PROMOTING GUT HEALTH

Learn about the microbiome, importance to maintaining a healthy gut, and food sources and supplements for pre and probiotics.

*Presented by: Registered Dietitian*

3/15/2022 | 12:00pm | 1hr

**Meeting Number: 2554 916 5392**  
**Meeting Password: Wellness**

3/15/2022 | 5:30pm | 1hr

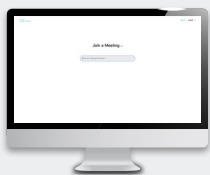
**Meeting Number: 2550 660 3031**  
**Meeting Password: Wellness**

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)

### 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)

