

FREE WELLNESS CLASSES

via Webex

JULY

PREVENTING HEAT-RELATED ILLNESS

Thursday, July 15th
12pm-1pm & 4pm-5pm

Presented by: Nurse Educator

7/15/2021 | 12:00pm | 1hr

Meeting Number: 182 294 8608

Meeting Password: Wellness

7/15/2021 | 4:00pm | 1hr

Meeting Number: 182 188 7219

Meeting Password: Wellness

AUGUST

BETTER SLEEP

Thursday, August 19th
12pm-1pm & 4pm-5pm

Presented by: Health Coach

8/19/2021 | 12:00pm | 1hr

Meeting Number: 182 411 6774

Meeting Password: Wellness

8/19/2021 | 4:00pm | 1hr

Meeting Number: 182 080 3619

Meeting Password: Wellness

SEPTEMBER

UNDERSTANDING WOMEN'S HEALTH

Thursday, September 9th
12pm-1pm & 4pm-5pm

Presented by: Nurse Educator

9/9/2021 | 12:00pm | 1hr

Meeting Number: 182 572 7700

Meeting Password: Wellness

9/9/2021 | 4:00pm | 1hr

Meeting Number: 182 265 1738

Meeting Password: Wellness

NUTRITION FOR WOMEN'S HEALTH

Thursday, September 16th
12pm-1pm & 4pm-5pm

Presented by: Registered Dietitian

9/16/2021 | 12:00pm | 1hr

Meeting Number: 182 980 3105

Meeting Password: Wellness

9/16/2021 | 4:00pm | 1hr

Meeting Number: 182 704 6985

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: 10/21 Nutrition for Cancer Prevention | 11/11 Understanding Diabetes | 11/18 Nutrition for Managing Diabetes



EASY TO USE!

Go to: 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)