

**VIRTUAL WELLNESS WEDNESDAYS**  
**September**  
**12:00 pm to 1:00 pm**

DATE		Employee
Sept 2	<b>Let's Keep Our Bodies Moving!</b> <a href="https://eptha.zoom.us/meeting/register/tJlSd-qggDgiHNzLPrq5wc66JDxlvEn_gUSF">https://eptha.zoom.us/meeting/register/tJlSd-qggDgiHNzLPrq5wc66JDxlvEn_gUSF</a>	Mike W & Courtney
Sept 9	<b>What is the difference between sodium and Salt? How does it impact blood pressure?</b> <a href="https://eptha.zoom.us/meeting/register/tJ0tcO-qrijovH9D5zsr4D2DM0uCzI49zIBfu">https://eptha.zoom.us/meeting/register/tJ0tcO-qrijovH9D5zsr4D2DM0uCzI49zIBfu</a>	Desi & Charlene
Sept 16	<b>Improving Gut Health &amp; Introduction to Pickling</b> <a href="https://eptha.zoom.us/meeting/register/tJ0rduqqrDovE93nPKEWyOYWJOJofr6_Slgt">https://eptha.zoom.us/meeting/register/tJ0rduqqrDovE93nPKEWyOYWJOJofr6_Slgt</a>	Colrain & Charlene
Sept 23	<b>"Ask the Doc": COVID 19 EMPOWER Hour</b> <a href="https://eptha.zoom.us/meeting/register/tJUkceygpzMpHd1OeJ4kupVD6bHEBoW4o9BM">https://eptha.zoom.us/meeting/register/tJUkceygpzMpHd1OeJ4kupVD6bHEBoW4o9BM</a>	Colrain & Provider
Sept 30	<b>Wholesome Journey To Managing Chronic Pain with Dr. Brian Nelson (Host)</b> <a href="https://eptha.zoom.us/meeting/register/tJ0oduugrz8iHN00bIKZyN0HtQuQ2hqBXdfO">https://eptha.zoom.us/meeting/register/tJ0oduugrz8iHN00bIKZyN0HtQuQ2hqBXdfO</a>	Dr. Nelson

**Schedule posted under Community Health at [www.eptha.com](http://www.eptha.com)**

**All Zoom Groups require registration. Below are some instructions:**

1. Select the group you want to register for by clicking the hyperlink next to the employee name.
2. Hyperlink will take you to Zoom registration page
3. Complete registration for group.
4. You will need valid email for registration.
5. Once registered you will receive email confirming registration.
6. At time of group open email and click link for group and begin- (all groups close after 10 min)