

VIRTUAL WELLNESS WEDNESDAYS
October
12:00 pm to 1:00 pm

DATE		Employee
Oct 7	Let's Keep Our Bodies Moving! https://eptha.zoom.us/meeting/register/tJEtdu-ggzluH9KXvLlcRFjoy5u6U2faDr-o	Mike W & Courtney
Oct 14	Introduction to Diabetes: Prevention and Tips https://eptha.zoom.us/meeting/register/tJctdumvqT0pH9yxeXai9VzNvqZqN_sQEpuv	Colrain
Oct 21	Making Take-out Food a Nourishing and Fulfilling Experience https://eptha.zoom.us/meeting/register/tJAtdu-orzgrEtXNt_S0A8xJSGUMJrWZSOIm	Charlene
Oct 28	"Ask the Doc": COVID 19 EMPOWER Hour with PTHA Provider Dr. Hooper" https://eptha.zoom.us/meeting/register/tJUqcu-orjlrHdEXOj4x3jyYuTP3ZrYJ_5sW	Colrain & Dr. Hooper

Schedule posted under Community Health at 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)
Note: it is not necessary to use the Zoom app to listen in. Your email registration will also include a call-in phone number.