

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

DATE		Employee
Nov 4	Let's Keep Our Bodies Moving! https://eptha.zoom.us/meeting/register/tJwvdeqorzgoH9ZPtKEfapvba8VREZLauLI5	Mike W & Courtney
Nov 18	COVID-19 Empower Hour https://eptha.zoom.us/meeting/register/tJcvceCvrzgtGdNIQBA3QIC_3PNZ-UcRDMHT	Charlene

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 an 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.