

**VIRTUAL WELLNESS WEDNESDAYS**  
**January 2021**  
**12:00 pm to 1:00 pm**

DATE		Employee
Jan 6	<b>Be Fit Together with Mike Williams</b>  <a href="https://eptha.zoom.us/j/94831212121">https://eptha.zoom.us/meeting/register/tJlvcOmorTkjE9w5adDr8-U-DXH2TZeZkQ_4</a>	Mike W & Courtney
Jan 13	<b>Kick start your Meal Prep in 2021</b> Find ways to incorporate meal planning and new recipes into your Life (Part of a Cooking Basics 101series)  <a href="https://eptha.zoom.us/j/94831212121">https://eptha.zoom.us/meeting/register/tJUucu6prT4qEtPOdbUcK7QmiuKtbFuES9XD</a>	Charlene
Jan 20	<b>Be Fit Together with Mike Williams</b>  <a href="https://eptha.zoom.us/j/94831212121">https://eptha.zoom.us/meeting/register/tJEkd-6pqjMuHtBSKpjPYYYYIoGF0TU_ZxhWg</a>	Mike W & Courtney
Jan 27	<b>"Ask the Doc": COVID 19 EMPOWER Hour with PTHA Provider"</b>  <a href="https://eptha.zoom.us/j/94831212121">https://eptha.zoom.us/meeting/register/tJYkf-uvpjgtGNNa2iCMXjsVW3hRZfQ0z96Y</a>	PTHA Provider

**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 an email confirming registration.
6. At time of event open email and click on the link and begin—see you there!

**Note:** it is not necessary to use the Zoom app to listen in, your email registration will also include a call-in phone number.

