

VIRTUAL WELLNESS WEDNESDAYS

May 2021

12:00 pm to 1:00 pm

DATE		Employee
May 5	Be Fit Together with Mike Williams https://eptha.zoom.us/meeting/register/tJlvcOmorTkjE9w5adDr8-U-DXH2TZeZkQ_4	Mike W & Courtney
May 12	Budget-Friendly Tips to Feed you and your family with Jaci Sweet, Nurse Educator https://eptha.zoom.us/meeting/register/tJwkdOuhqDgiGtcOGZPFOQr6tJOWIDCTJ4N3	Jaci S & Charlene
May 19	Be Fit Together with Mike Williams https://eptha.zoom.us/meeting/register/tJEkd-6pqjMuHtBSKpjPVYYIoGFOTU_ZxhWg	Mike W & Courtney
May 26	Diabetes Series: Medication Management & Empowerment https://eptha.zoom.us/meeting/register/tJYpfu2orTopHNwTNNWPFF1CAQHuaq1g89gJu	Colrain Fragoso

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 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.