

# VIRTUAL WELLNESS WEDNESDAYS

August 2021

12:00 pm to 1:00 pm

| DATE      |  | Employee                |
|-----------|--|-------------------------|
| Aug<br>4  | <p style="text-align: center;"><b>PART 2</b><br/><b>Berries, Berries &amp; Traditional Canning Jam-Making!</b><br/><b>Deadline to register is July 23</b><br/><a href="https://eptha.zoom.us/meeting/register/tJAocOysrDgrGd0TpSrOy2dec6UaamOY_86v">https://eptha.zoom.us/meeting/register/tJAocOysrDgrGd0TpSrOy2dec6UaamOY_86v</a></p>  | Lizann<br>&<br>Charlene |
| Aug<br>11 | <p style="text-align: center;"><b>Summer Be Fit with Mike</b><br/><b>IN PERSON!</b></p> <p style="text-align: center;">Come join us at Chief Leschi School's Track and Field this summer!<br/>We will also be Live Streaming via Facebook from the Puyallup Tribal Health page.<br/>Hosted by Mike Williams, PTHA Personal Trainer</p> <p style="text-align: center;"><b>Each participant that shows up will receive a free item to support you in staying active.</b><br/><b>Hope to see you out there or online!</b></p>   | Mike                    |
| Aug<br>18 | <p style="text-align: center;"><b>National Breastfeeding Awareness Month</b></p> <p style="text-align: center;"><a href="https://eptha.zoom.us/meeting/register/tJEpdu2uqT4iHN02DwPaYIZyG9ro0-drMiLg">https://eptha.zoom.us/meeting/register/tJEpdu2uqT4iHN02DwPaYIZyG9ro0-drMiLg</a></p>  | Monique<br>&<br>Kristen |
| Aug<br>25 | <p style="text-align: center;"><b>Summer Be Fit with Mike</b><br/><b>IN PERSON!</b></p> <p style="text-align: center;">Come join us at Chief Leschi School's Track and Field this summer!<br/>We will also be Live Streaming via Facebook from the Puyallup Tribal Health page.<br/>Hosted by Mike Williams, PTHA Personal Trainer</p> <p style="text-align: center;"><b>Each participant that shows up will receive a free item to support you in staying active.</b><br/><b>Hope to see you out there or online!</b></p>   | Mike                    |
|           | <p><b>Schedule posted under Community Health at <a href="http://www.eptha.com">www.eptha.com</a></b><br/><b>All Zoom Groups require registration. Below are some instructions:</b></p> <ol style="list-style-type: none"><li>1. Select the group you want to register for by clicking the hyperlink next to the employee name.</li><li>2. Hyperlink will take you to Zoom registration page.</li><li>3. Complete registration for group.</li><li>4. You will need valid email for registration.</li><li>5. Once registered you will receive an email confirming registration.</li><li>6. At time of event open email and click on the link and begin—see you there!<br/><b>Note:</b> it is not necessary to use the Zoom app to listen in, your email registration will also include a call-in phone number.</li></ol> |                         |