

VIRTUAL WELLNESS WEDNESDAYS
July 2021
12:00 pm to 1:00 pm

DATE		Employee
July 7	<p style="text-align: center;">Be Fit Together with Mike Williams</p> <p style="text-align: center;">https://eptha.zoom.us/j/9483541963</p>	Mike & Courtney
July 14	<p style="text-align: center;">Summer Safety: Tips and Tricks to stay safe</p> <p style="text-align: center;">https://eptha.zoom.us/j/9483541963</p>	Colrain & Charlene
July 21	<p style="text-align: center;">Berries, Berries & Easy Freezer Jam-Making!</p> <p style="text-align: center;">Deadline to register is July 14th</p> <p style="text-align: center;">https://eptha.zoom.us/j/9483541963</p>	WSU & Charlene
July 28	<p style="text-align: center;">Summer Be Fit with Mike</p> <p style="text-align: center;">IN PERSON!</p> <p style="text-align: center;">Come join us at Chief Leschi School's Track and Field this summer! We will also be Live Streaming via Facebook from the Puyallup Tribal Health page. Hosted by Mike Williams, Personal Trainer & Courtney Sharp, Patient Care Navigator.</p> <p style="text-align: center;">Each participant that shows up with get a free item to support you in staying active. Can't wait to see you out there!</p>	Mike & Courtney
	<p>Schedule posted under Community Health at www.eptha.com</p> <p>All Zoom Groups require registration. Below are some instructions:</p> <ol style="list-style-type: none"> 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! <p>Note: it is not necessary to use the Zoom app to listen in, your email registration will also include a call-in phone number.</p>	