

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

DATE		Employee
Sept 1	<b>Be Fit Together with Mike Williams</b>  <a href="https://eptha.zoom.us/j/9w5adDr8-U-DXH2TZeZkQ_4">https://eptha.zoom.us/meeting/register/tJlvcOmorTkiE9w5adDr8-U-DXH2TZeZkQ_4</a>	Mike W & Courtney
Sept 8	<b>Refuel Your Body! A Focus on Youth</b>  <a href="https://eptha.zoom.us/j/9H4rLuGHZ900EvTsTXgKxA">https://eptha.zoom.us/meeting/register/tJcqu2vqjgoE9H4rLuGHZ900EvTsTXgKxA</a>	Bonnie & Dr. Acklin
Sept 15	<b>Be Fit Together with Mike Williams</b>  <a href="https://eptha.zoom.us/j/6pqjMuHtBSKpjPVYYIoGF0TU_ZxhWg">https://eptha.zoom.us/meeting/register/tJEkd-6pqjMuHtBSKpjPVYYIoGF0TU_ZxhWg</a>	Mike W & Courtney
Sept 22	<b>Introduction to Beading with Alicia Wright – FULL (RESCHEDULED TO October 6<sup>th</sup>)</b>	Alicia
Sept 29	<b>Introduction to Yoga with Local Yoga Teacher Michelle Pugh</b>  <a href="https://eptha.zoom.us/j/4jGtStEjCiVq3jodESsmlD3u-n">https://eptha.zoom.us/meeting/register/tJEvcemurT4jGtStEjCiVq3jodESsmlD3u-n</a>	Guest

**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.