

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

DATE		Employee
Dec 1	<p style="text-align: center;"><b>Dreamcatchers with Ruth: Make Your Own!</b>  <b>Deadline to register: November 19<sup>th</sup></b></p> <p style="text-align: center;"><a href="https://eptha.zoom.us/j/92021120000">https://eptha.zoom.us/j/92021120000</a></p>	Ruth Gallo-Paul
Dec 8	<p style="text-align: center;"><b>Evergreen Tree Recipe: Make Your Own Forest Bathing Salts</b>  <b>Deadline to register: November 29<sup>th</sup></b></p> <p style="text-align: center;"><a href="https://eptha.zoom.us/j/92021120000">https://eptha.zoom.us/j/92021120000</a></p>	Charlene
	<p><b>Schedule posted under Community Health at <a href="http://www.eptha.com">www.eptha.com</a></b>  <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!</li> </ol> <p><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.</p>	