<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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| 10am-11am Nutrition: Let's Get Physical! Part 1  
WebEx: 177 950 4413  
11am-12pm Low Impact Aero Box  
WebEx: 177 476 8267 | 11am-12pm Yoga Barre  
Webex: 177 959 3486 | 10am-10:30am Meditation (Spanish)  
WebEx: 177 717 5739  
10:30am-11am Meditation (English)  
WebEx: 177 717 5739 | 12pm-1pm Nutrition: Vegetable Tacos  
WebEx: 177 145 0419 |

Food Drive  
To register visit connectIE.org

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| 9am-10am Yoga for Seniors & People with Disabilities  
WebEx: 177 709 5941 | 4:30pm-5:30pm Latin Dance  
Webex: 177 373 1245 | 10am-11am Nutrition: Let's Get Physical!  
Part 1 (Spanish)  
WebEx: 177 835 8943 | 11am-12pm Nutrition: Vegetable Tacos (Spanish)  
WebEx: 177 145 0419 |

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| 2pm-3pm Goals, Dreams & Beyond for Teens  
WebEx: 177 994 9311  
3pm-4pm Nutrition: Breakfast Burritos  
WebEx: 177 579 8643 | 12pm-1pm Nutrition: Vegetable Tacos (Spanish)  
WebEx: 177 145 0419 | 10am-10:30am Meditation (Spanish)  
WebEx: 177 717 5739  
10:30am-11am Meditation (English)  
WebEx: 177 717 5739 | 12pm-1pm Nutrition: Vegetable Tacos  
WebEx: 177 145 0419 |

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| 9am-10am Turbo Kick  
WebEx: 177 086 3787 | 10am-10:30am Meditation (Spanish)  
WebEx: 177 717 5739  
10:30am-11am Meditation (English)  
WebEx: 177 717 5739 | 2pm-3pm Goals, Dreams & Beyond for Teens  
WebEx: 177 994 9311  
3pm-4pm Nutrition: High Protein Lunches  
WebEx: 177 579 8643 |

Food Drive  
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</table>
| 9am-10am Yoga for Seniors & People with Disabilities  
WebEx: 177 709 5941 | 9am-10am Full Body Workout  
WebEx: 177 791 0770 | 11:30am-12:30pm ASL  
WebEx: 177 820 3832 | 2pm-3pm Goals, Dreams & Beyond for Teens  
WebEx: 177 994 9311  
3pm-4pm Nutrition: High Protein Lunches  
WebEx: 177 579 8643 |

Our Health Education Department has gone virtual! You can join one of their online webinars and learn all different health topics, from diabetes to asthma. They’re completely free and perfect for members that our missing our in-person classes!

Click on the link to view on-demand classes: [https://iehp.org/about/upcoming-events](https://iehp.org/about/upcoming-events)