



To protect our community's health during COVID-19, our CRCs are offering virtual classes. There are two ways to join!

 Go to Facebook and search **IEHP CRC** to join **LIVE** classes!

 Download **Cisco Webex Meetings** on your Apple or Android smartphone. Enter the **Meeting Code** for the class you choose and password **12345**.

Need help accessing our classes? Call **1-866-228-4347** or **711** for TTY users.

## Virtual Class Schedule May 2022

Class Title	Date	Time	Webex Meeting Code
Stress Management	5/3	10am-11am	2454 107 3027
Understanding Depression	5/11	3pm-4pm	2462 091 2147
Coping with Trauma	5/16	12pm-1pm	2460 269 5862
Self Care and Wellness	5/26	1pm-2pm	2458 028 0181

**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 who are missing our in-person classes! Click on the link to view on-demand classes: <https://iehp.org/about/upcoming-events>. Classes are subject to change without notice. Spanish: See calendar for schedule.