



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


OR



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 - February 2023

| Class Title | Date | Time | Webex Meeting Code |
|---------------------------------------|--|------------------|----------------------|
| I'm Important | 2/1 | 10am-11am | 2453 915 1813 |
| 5 Love Languages (Spanish) | 2/9 | 2pm-3pm | 2456 877 3886 |
| 5 Love Languages | 2/14  | 11am-12pm | 2456 879 5534 |
| Gardening : Health and Berries | 2/23 | 3pm-4pm | 2469 902 1056 |

We heal and inspire the human spirit.

Our Health Education Department has gone virtual!

You can join one of our 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.