



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 - June 2023

Class Title	Date	Time	Webex Meeting Code
LIVE: Nutrition with Veronica	6/6	12pm-1pm	2634 211 8619
LIVE: Nutrition with Veronica	6/13	12pm-1pm	2632 198 9161
LIVE: Zen Friday Yoga	6/23	2pm-2:15pm & 2:30pm-2:45pm	2631 446 2868
LIVE: Bendy Monday Yoga	6/26	12pm-12:15pm & 12:30pm-12:45pm	2631 640 1192

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.