



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 - March 2023

Class Title	Date	Time	Webex Meeting Code
Zen Friday Yoga	3/10	2pm-2:15pm 2:30pm-2:45pm	2451 052 4185
Bendy Monday Yoga	3/13	12pm-12:30pm 1pm-1:30pm	2460 274 0589
 LIVE: Nutrition with Veronica	3/23	1pm-1:30pm	2453 020 5163
 Rico Eats A Rainbow (ages 0-11 with parents)	3/31	10am-11am	2462 103 6088

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.