



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 - September 2022

Class Title	Date	Time	Webex Meeting Code
Yoga	9/8	9am-10am	2456 884 0799
Stress Management	9/13	10am-11am	2454 532 2080
Stress Management (Spanish)	9/22	11am-12pm	2459 122 7267
Meditation	9/30	10am-11am	2455 277 2874

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.