



To protect our community's health during COVID-19, our CRC's are offering virtual classes. There are 2 ways to join!



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

OR



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

If you have any questions on how to access our classes, call **1-866-228-4347**, or **711** for TTY users.

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10am-11am Summer Vegetable Garden WebEx: 133 131 2518	9am-10am Turbo Kick Webex: 133 468 7066	10am-11:30am Loving Solutions Parenting Class (Session 4) WebEx: 133 538 2117	3:30pm-4:30pm Nutrition — Summer BBQ Side Dishes Webex:133 287 6216
7	8	9	10	11
 Food Drive To register visit connectIE.org	9am-10am Yoga for Seniors & People with Disabilities WebEx:133 176 6867	10am-11am Nutrition — Chicken Gra Pow WebEx: 133 822 5980	10am-11:30am Loving Solutions Parenting Class (Session 5) WebEx: 133 538 2117	2pm-3pm Goals, Dreams & Beyond for Teens ages 12-19 WebEX: 133 038 9990
14	15	16	17	18
 Food Drive To register visit connectIE.org	11am-12pm Low Impact Aero Box WebEx: 177 748 9827	10am-11am Nutrition — Chicken Gra Pow (Spanish) WebEx: 133 822 5980	10am-11:30am Loving Solutions Parenting Class (Session 6) WebEx: 133 538 2117	3:30pm-4:30pm Nutrition — Refreshing & Light Summer Lunch Webex:133 287 6216
21	22	23	24	25
 Food Drive To register visit connectIE.org	9am-10am Yoga for Seniors & People with Disabilities WebEx: 133 176 6867	10am-11am Nutrition — Cut Back on Sodium Watermelon Salsa WebEx: 133 761 6438 11:30am-12:30pm Nutrition — Cut Back on Sodium Watermelon Salsa (Spanish) WebEx: 133 761 6438	9am-10am Turbo Kick Webex: 133 824 0541	2pm-3pm Goals, Dreams & Beyond for Teens ages 12-19 WebEx: 133 038 9990
28	29	30		
 Food Drive To register visit connectIE.org	10am-11am Access to Care for IEHP Members WebEx: 133 145 9386	10am-11am Access to Care for IEHP Members (Spanish) WebEx: 133 269 1352		

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 that 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.