



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 - May 2023

Class Title	Date	Time	Webex Meeting Code
Yin Yoga	5/5	10am-11am	2469 836 9281
Understanding Depression	5/10	3pm-4pm	2450 274 8743
I'm Important (Self-Care)	5/16	11am-12pm	2462 311 4340
Understanding Depression (Spanish)	5/25	10am-11am	2463 796 9694

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.