

# Virtual Learning Circles Via Zoom

To support customer-owners in efforts to stay connected during the COVID-19 pandemic, Southcentral Foundation Health Education is providing online learning circles via Zoom.

**To participate online, please follow these simple steps:**

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select Join a Meeting in the top left corner of the screen.
3. Enter the meeting ID for the desired class, found in the table.
4. Enter the meeting password: HealthEd!
5. Get connected!

**To call in and participate via phone, follow these simple steps:**

1. Call (646) 558-8656 on the day and time of your desired class.
2. When prompted, enter the 11-digit meeting ID for the desired class, found in the table. Then press #.
3. Get connected!

## MONDAY

Currently not hosting learning circles on Mondays.

## TUESDAY

11:30 a.m. - 1 p.m.

### Lose to Win

**MEETING ID:**  
987-2163-4738

#### Description:

Focus healthy lifestyle changes with this evidence-based weight management program.

## WEDNESDAY

10 - 10:50 a.m.

### Toddler Time

**MEETING ID:**  
966-1195-2949

#### Description:

Participate in educational and fun activities for toddlers. Sing, craft, and play with other children in the community.

## THURSDAY

Noon - 1 p.m. *(First Thursday of each month)*

### Power of Hope

**MEETING ID:**  
959-7817-7527

#### Description:

Learn about helpful cancer prevention resources and receive support and tips for managing life with cancer.

12:30 - 1:30 p.m.

*(Second and fourth Thursday of each month)*

### Teatime with Elders

**Meeting ID:**  
937-5949-4088

#### Description:

Participants, ages 55 and older, participate in engaging activities and conversations about maintaining health and wellness.

## FRIDAY

Noon - 1 p.m.

### Dinner Makes a Difference

**MEETING ID:**  
926-3324-7356

#### Description:

Learn about meal preparation, grocery budgeting, healthy recipes, and how to involve kids in the kitchen.

Health Education | (907) 729-2689 | [southcentralfoundation.com](http://southcentralfoundation.com)

