



HOWARD COUNTY OFFICE  
ON AGING AND INDEPENDENCE

# virtual offerings

MAY 18 - 29, 2020  
UTILIZING WEBEX

 Howard County Office on  
**Aging and Independence**  
Department of Community Resources and Services

OPPORTUNITIES TO ENGAGE FROM HOME



As we each take steps to maintain our optimal health and wellness during the coronavirus pandemic, please know that the staff at Howard County Office on Aging and Independence continues to serve our community.

While our Patuxent Woods office, 50+ centers and the Loan Closet of Howard County are closed to the public, many of our employees are teleworking, and we are committed to providing excellent service and an optimal customer experience. This e-blast represents one example of how we are continuing to live into our mission.

For our residents and program registrants, we are offering virtual programs to engage, inspire and motivate. This includes exercise classes in various formats and levels, as well as lifelong learning and creative opportunities. Please join us for one, or all of our offerings. We will continue to develop additional offerings and we welcome your suggestions and feedback.

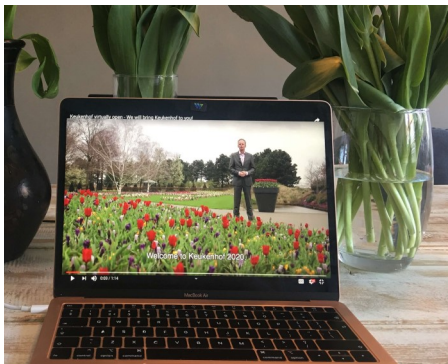
Your continued health and well-being is our primary concern during these uncertain times. I thank you for your patience and support as we pivot and adapt to the ever-changing landscape.

Sincerely,  
 Jenna L. Crawley, Administrator  
 Howard County Office on Aging and Independence



# EXPLORE YOUR OPTIONS

FITNESS – COOKING – SOCIAL ENGAGEMENT – LIFELONG LEARNING



Programs in this e-blast are offered via WebEx. WebEx can be downloaded to your computer, phone or tablet. Details are provided on the last page, and include a phone number for assistance.

# let's get moving



## Mindful Mondays

**Mondays 9 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md4a192c8e3db6fa48ec63d6de8802489>

Meeting Access Code: 478 820 929

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

**Taught by Connie Bowman**

## Strength Training

**Mondays 10 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2aead5016d14a9efa49d75269d390eea>

Meeting Access Code: 470 938 355

A thirty-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

**Taught by Leah Daniels**



## Seated Strength and Balance

**Mondays 12 noon**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m90fa149dea8592bf667625786a947550>

Meeting Access Code: 479 451 216

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as a substitute) to improve strength and overall mobility as we move to fun music.

**Taught by Michelle Rosenfeld**



## Mat Pilates

**Monday May 18, 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf98544dac9e021a4ced87c4fdc236497>

Meeting Access Code: 479 009 847

Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. A Yoga or Pilates mat is highly recommended.

**Taught by Bob McDowell**



# let's get moving



## **Beginner Soul Line Dance**

**Mondays 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=ma6080802c3b5d0ace4469b57368a5450](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma6080802c3b5d0ace4469b57368a5450)

Meeting Access Code: 474 114 392

This beginner soul line dance class involves step-by-step instruction for choreography, and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

**Taught by Karen Stewart**



## **Cardio and Core Class**

**Tuesdays 9:30 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=mb1a955fb36ef3fe0fbca08c4ece0f68a](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb1a955fb36ef3fe0fbca08c4ece0f68a)

Meeting Access Code: 474 430 212

Exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

**Taught by Pam Beck**



## **Yoga with Mary**

**Tuesdays 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=m8b1c0b634321b81dc6fc3f34bec9aa98](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8b1c0b634321b81dc6fc3f34bec9aa98)

Meeting Access Code: 477 887 116

Join Mary for a series of weekly yoga classes; topics will vary. May 20 is Low, Slow and Stretchy Flow - all poses are on the floor; you will need a mat, and a strap or bathrobe tie. May 27 is Satsunga - which means to be in good company. We'll practice together at a safe distance. We will mostly be standing up in this flowing class.

**Taught by Mary Garratt**

## **Intermediate Soul Line Dance**

**Tuesdays 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=m62ff4ab23e0449fff1aa4354dc179a60](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m62ff4ab23e0449fff1aa4354dc179a60)

Meeting access Code: 474 910 524

For this Intermediate Soul Line Dance class, you should have line dance experience, and know all the basic line dance steps. Intermediate uses a wide selection of music, including pop, soul and/or gospel music.

**Taught by Karen Stewart**

# let's get moving



## Strength Training

**Wednesdays 10 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6d474b29072e1da0f0131b7b0a2428ac>

Meeting Access Code: 471 512 054

A 30-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

**Taught by Leah Daniels**



## Sittercise Plus

**Wednesdays 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mbb86752ec0bedc1b0c9006c5e5b78f10>

Meeting Access Code: 471 007 611

A 30-minute class for those who prefer a seated workout as well as those who want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

**Taught by Marianne Larkin**



## Soul Line Dance Party

**Wednesdays 7 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8f552447717b75513ccec39e80521bf0>

Meeting Access Code: 471 232 875

The Soul Line Dance Party is a line dance party. No instruction, just 30 minutes of non-stop easy dances and 30 minutes of intermediate and advanced dances. Please email dance request to Jessie Barnes at [Jsldancer@gmail.com](mailto:Jsldancer@gmail.com)

**Taught by Jessie Barnes**

## Seated Strength and Balance

**Thursdays 12 noon**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m99e33a884ec41d831408ce90fd200959>

Meeting Access Code: 479 864 248

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as substitute) to improve strength and overall mobility as we move to fun music.

**Taught by Michelle Rosenfeld**

# let's get moving



## Gentle Yoga

**Thursday May 19, 1:30 pm**

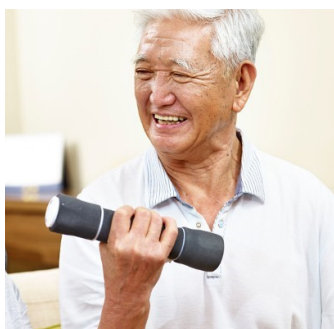
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m06ba52e31412da67f8280dc50f9303c5>

Meeting Access Code: 475 156 430

In this gentle class, yoga poses are done seated or standing using a chair as a prop for support. Yoga benefits include increased energy, greater flexibility, relieved tension, and an overall sense of wellbeing. Equipment: a chair and/or yoga mat.

**Taught by Lisa Rados**



## Chair Yoga

**Thursday May 26, 1:30 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m06ba52e31412da67f8280dc50f9303c5>

Meeting Access Code: 475 156 430

Learn basic yoga poses and proper posture to pose with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy, concentration and overall health. Please use a mat for this class.

**Taught by Lisa Rados**



## Soul Line Dance

**Thursdays 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma608f8371652d2bf6ed26c013ab4afa3>

Meeting Access Code: 475 479 998

In this Soul Line Dance class, line dances are taught step-by-step and then danced to pop, soul and/or gospel music.

**Taught by Jessie Barnes**

let's get moving



### Cardio and Core Class

**Fridays 9:30 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=m5775cbd6f5e1efa34e2fd1cd882206ba](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5775cbd6f5e1efa34e2fd1cd882206ba)

Meeting Access Code: 470 043 385

Mix cardio work combined with core exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

**Class taught by Pam Beck**



### Mat Pilates

**Fridays 12:30 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=mfff6a96d67c9438173146bfca6330209](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfff6a96d67c9438173146bfca6330209)

Meeting Access Code: 472 602 210

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breath life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

**Class taught by Maggie Lockhart**

## FITNESS & EXERCISE DISCLAIMER

THE DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN INHERENT RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.



# let's cook



## **Naan Bread Pizza**

**Friday May 22, 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=m7c41aa4fe762abeb2ba1ceafc9e41316](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7c41aa4fe762abeb2ba1ceafc9e41316)

Meeting Access Code: 476 010 964

Elevate your dinner plate. Join us for a demo of sweet and savory naan bread pizzas you can make in your oven or on your grill - Blackberry & Feta, Peach & Prosciutto and Margherita. Know what to have on hand to create custom flavors. Recipes will be provided to attendees.

**Presented by Regina Jenkins**



## **Start with Strawberries**

**Tuesday May 26, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=m58cab9afe81b7de920b789e91bf6cbc1](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m58cab9afe81b7de920b789e91bf6cbc1)

Meeting Access Code: 476 427 757

This class introduces you to a variety of ways to serve strawberries. From a savory strawberry goat cheese bruschetta perfect for an appetizer, to strawberry glazed scones and berries and cream in a homemade chocolate cup. Packed with vitamins, fiber and antioxidants, these little powerhouses are a great start to summer.

**Presented by Regina Jenkins**



## **Pantry to Plate: A Wellness Approach to Cooking at Home**

**Wednesday May 27, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?>

[MTID=m0b4d5906dbe361d41260a4e416218006](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0b4d5906dbe361d41260a4e416218006)

Meeting Access Code: 474 404 239

This class looks at cooking as a way to support various aspects of personal wellness. Learn about resources to make the most out of your current pantry stock and consider the benefits of cooking beyond nutrition.

**Presented by Jeannie DeCray and Jodi Bargamian**



# let's get social



## Coffee and Conversation

**Mondays, Wednesdays, Fridays 9 am**

Join WebEx Meeting via Link or Call in Option

Grab a cup of coffee or tea and join staff from various 50+Centers for conversation and connection. Select the day/center you wish.

**Mondays:** <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6be518e6b2e5883d37a29a16a928f4ff>

By Phone: 1.650.479.3207

Meeting Access code: 472 068 961

**Tuesdays with East Columbia:** <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m75654486f4644c90347ad4c68b30738d>

By Phone: 1.650.479.3207

Meeting Access Code: 472 817 102

**Wednesdays with Glenwood:** <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=med399e5a50cfc7c0e3fb64d0d0ca117d>

By Phone: 1.650.479.3207

Meeting Access code: 470 287 465

**Fridays with North Laurel:** <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m94e687b13fa730ed0ca27e34197b4c5b>

By Phone: 1.650.479.3207

Meeting Access Code 473 355 756



## Game Night

**Thursdays May 21 & May 28, 8 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8bf801acb76eff3494b5e95f7c563670>

Meeting Access Code: 472 007 188

Grab a pen and paper, and join us for a fun night of virtual games.

**Hosted by Lucky Sohi, Regina Joffee, Tammy Wiggins**



## Self Care during Covid-19 How Technology Can Help

**Tuesday May 26, 12 noon**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma8fe0d3f7729f1bf39b5a32989a0cefe>

Meeting Access Code: 477 388 865

While news cycle exhaustion and stress certainly are not positive, they have least been a catalyst to create more conversation about taking better care of ourselves mentally. If you are looking for ways to make self-care easier, you need not look any further than your phone. From apps for self-care to self-care products, technology is helping to make taking care of ourselves accessible.

**Presented by Tammy Wiggins**



## **Travelogue to India**

**Tuesday May 19, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2bbfcc759e70da06e8c043a06876f165>

Meeting Access Code: 478 318 835

Travel by photo and talk through Dehli, Agra, Jaipur and Varansi, India. Explore ancient and active Hindu, Buddhist, and Jain temples and Moslem mosques. See pictures and hear stories of partaking of meals in the homes of families and so much more. Hear about travel as the pandemic became a threat to tourism and how it impacted travelers far from home.

**Presented by Rachel McCracken**



## **Dog Training - Puppy Basics**

**Tuesday May 19, 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m33d0fefda6d275364abb499382538d29>

Meeting Access Code: : 478 046 690 Call in number: 1-650-479-3207

Have you gotten a new puppy during the Stay-at-Home order? If yes, then join us for help with the basics, including housebreaking, nipping and chewing and beginner leash work.

**Presented by Marsh Engel**



## **Hummingbird Hospitality**

**Tuesday, May 19, 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2799baa66f0741263bd496e6e238e4f7>

Meeting Access Code: 472 986 616

Learn how to make your garden, deck or patio friendly and inviting to these beautiful creatures. We will discuss the best flowers to attract hummingbirds and different types of feeders, then learn to create a hummingbird swing for them to perch, with items found around the house.

**Presented by Regina Jenkins**

# let's learn



## History of Broadway; Leonard Bernstein and 100 years of Broadway Contributions

**Wednesday May 20, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7ada2a992bab4fd27389823269d7ff23>

Meeting Access Code: 475 565 339

Leonard Bernstein was a major and charismatic figure in modern classical music and Broadway musical theater. He was a composer, pianist, author, conductor and lecturer. A son of immigrant Russian Jews, Bernstein started to play piano at age 10.

**Taught by Steve Friedman**



## Craft Coasters with Cathy

**Wednesday May 20, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m41780df5ff9e98803119c909ea89789d>

Meeting Access Code: 476 107 304

Learn to sew cotton clothesline into rope coasters. Using a sewing machine, colored thread and cotton clothesline we will create cute and simple coasters. Your sewing machine must be able to do satin and zig zag stitches.

**Presented by Cathy Burkett**



## Medicare 102

**Thursday May 21, 10 am**

This is for individuals new to Medicare. Please call 410.313.7392 to register and obtain WebEx Meeting numbers and code.

**Presented by Senior Health Insurance Program**

## TED Talk

**Thursday May 21, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md6dc88c18e6229ed8b029ce035623410>

Meeting Access Code: 471 485 527

Join us to view one or two TED Talks, followed by a facilitated conversation at the end.

**Facilitated by Lucky Sohi**





## Spotting a Scam

Friday May 22, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf66606f4c590a49809cf7593d5377501>

Meeting Access Code: 471 567 178

In this presentation you will learn how to spot the red flags of a scam. We will review Covid-19 related scams as well as other common scams you may encounter.

**Presented by Beth Silverman**



## Human Rights in Howard County

Tuesday May 26, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m357e30868115c282e0bac418a1503150>

Meeting Access Code: 479 112 589

Join Howard County's Office of Human Rights as we explore the resources and services that aim to honor and preserve the humanity of all Howard County residents.

**Presented by Chaunta Taylor**

## A Conversation with General Grant

Wednesday May 27, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2942562902ca703781c07036a5ec1aca>

Meeting Access Code: 473 626 451

"General Grant" will join us for a discussion of "Overland Campaign" when Grant was coming to fight in the east in May and June of 1864. This is a virtual in-first-person presentation.

**Presented by Ken Serfass**



## Baltimore Mid-Century: People, Places, Priorities in the 50's

Thursday May 28, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m682fddbc2b769c531529239632c75110>

Meeting Access Code: 478 135 545

A decade of dramatic change, the 1950's in Baltimore largely reflected the changes occurring nationwide, many of them with a local aspect. But more than the changing national scene, Baltimore rebuilt, restored, revised and occasionally endured a series of changes that forever altered the fabric of the city.

**Presented by Baltimore Museum of Industry**



please take a minute  
and click the link  
below to let us  
know what you think

<https://www.surveymonkey.com/r/virtualhoco>

## outside resources

### **Kennedy Center Couch Concerts - NSO**

<https://www.kennedy-center.org/whats-on/millennium-stage/couch-concerts/members-of-the-NSO/>

### **Canadian Food Farm Tours**

<https://www.farmfood360.ca/>

### **Museum of Modern Art (MOMA) Free Art Class**

<https://www.timeout.com/newyork/news/moma-is-offering-free-online-art-courses-you-can-take-from-home-033020>

### **On-the-Fly Substitutions for 35 Common Ingredients**

When supplies are running low, a good substitution can be your best friend. <https://www.americastestkitchen.com/articles/2319-on-the-fly-substitutions-for-35-common-ingredients>

### **When Life Gives You Lemons: Genealogy Activities for Coronavirus Quarantine** <https://www.legacytree.com/blog/coronavirus-quarantine-activities>

[www.legacytree.com/blog/coronavirus-quarantine-activities](https://www.legacytree.com/blog/coronavirus-quarantine-activities)

### **10 Ways to Care For Your Emotional and Mental Wellbeing during COVID-19** <https://intermountainhealthcare.org/blogs/topics/covid-19/2020/04/caring-for-your-emotional-and-mental-welbeing-during-covid-19/>

[intermountainhealthcare.org/blogs/topics/covid-19/2020/04/caring-for-your-emotional-and-mental-welbeing-during-covid-19/](https://intermountainhealthcare.org/blogs/topics/covid-19/2020/04/caring-for-your-emotional-and-mental-welbeing-during-covid-19/)

**AARP Virtual Travel Experiences** [https://www.aarp.org/travel/vacation-ideas/history-culture/info-2020/virtual-trips-during-coronavirus-pandemic.html?cmp=EMC-DSO-NLC-RSS-TRAVEL--CTRL-040820-P2-4490414&ET\\_CID=4490414&ET\\_RID=518995&encparam=RewJw2sFs7ACdza3QsXlzhaoqZHqkM5xkJRc1j uh48%2fU%3d](https://www.aarp.org/travel/vacation-ideas/history-culture/info-2020/virtual-trips-during-coronavirus-pandemic.html?cmp=EMC-DSO-NLC-RSS-TRAVEL--CTRL-040820-P2-4490414&ET_CID=4490414&ET_RID=518995&encparam=RewJw2sFs7ACdza3QsXlzhaoqZHqkM5xkJRc1j uh48%2fU%3d)

**Rick Steves European Travel** <https://classroom.ricksteves.com/>

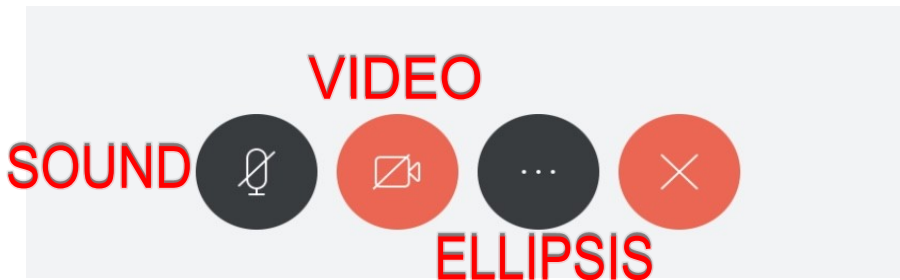


Cisco Webex

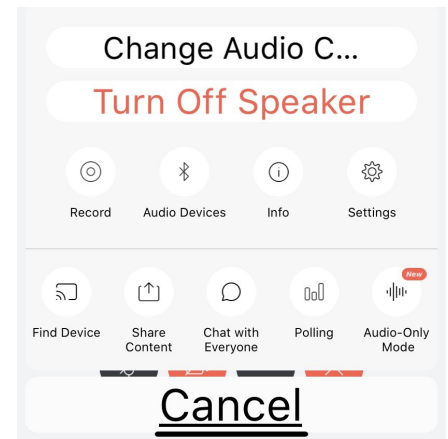
# webex guide

The exercise and class offerings in this e-blast are accessible through WebEx. Click on the link provided, enter the meeting access code and participate. While in a class, please place your speaker on mute to reduce the feedback for the instructor and class. Below is general information on WebEx.

- WebEx is free to use as a class participant.
- You do not need a WebEx account.
- You will need a regular email address to sign in.
- Make sure your battery is fully charged on your device or plugged in.
- Make sure you have a good internet or cell connection.
- Find a table, desk or counter to set up your device so you can see properly.
- Go to your App Store and search Cisco WebEx Meetings.
- Choose the app and start the download.
- Find the newly downloaded app and click on it.
- Click "Join Meeting."
- To join, it will ask you for the meeting number which you can find next to the class name.
- Then click "Join" or "Enter."
- Now you have entered the meeting.
- Anytime your buttons are black (microphone and video icons) you can be heard and seen.
- It is best to leave these in off mode (the buttons will be red) most of the time to minimize disruption to class. You will still be able to see and hear the instructor.
- If you click the ellipsis button, various options pop up and from there you can click the "Chat with Everyone" button, or "Turn Speaker On/Off."



## VIEW AFTER ELLIPSIS BUTTON PUSHED



If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410.313.4832 or lsohi@howardcountymd.gov. Thanks for joining us in our virtual world!

**For more detail on how to use WebEx, please click on the link below.**

<https://help.webex.com/en-us/nrbgeodb/Join-a-Webex-Meeting>