

**Date: Thursday, 1/21**

**Title: Mind Fit**

**Time: 2:00 PM**

**Two easy ways to join:**

**With Internet: Connect via the Internet (using computer, tablet, smartphone):**

- Go to **www.zoom.com**
- Click “Join a meeting”
- Enter this **Meeting ID:** 865 0062 9910 and click “Join”
- Enter this **Password:** 452770
- Click OK if it asks to launch Zoom or something similar
- When prompted to join audio, select computer or internet audio (do not select dial-in)

**Without Internet: Connect by Phone (audio only):**

- Dial any one of these numbers:
  - +1 669 900 9128 US (San Jose)
  - +1 253 215 8782 US (Tacoma)
  - +1 346 248 7799 US (Houston)
  - +1 646 558 8656 US (New York)
  - +1 301 715 8592 US (Washington D.C)
  - +1 312 626 6799 US (Chicago)
- When prompted enter the Meeting ID:
- **Meeting ID:** 865 0062 9910 # (spaces for easy reading)
- **Password:** 452770 #
- Then press # again when it asks for participant number