

Topic: Mind Fit

Date: Thursday, May 13

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: **917 1028 6300** and click "Join"
- Click OK if it asks to launch Zoom or something similar
- Enter meeting Password: **442053**
- 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 6833 US
 - +1 253 215 8782 US
 - +1 346 248 7799 US (many #s in case 1 or 2 are busy)
 - +1 929 205 6099 US
 - +1 301 715 8592 US
 - +1 312 626 6799 US
- When prompted enter the Meeting ID: **917 1028 6300 #** (spaces for easy reading)
- Then press **#** again when it asks for participant number
- Then enter the password: **442053 #** and you will be connected to the meeting.