How to attend the NOLP September 2020 Ring Central Nutrition classes

Computer/Tablet/Smart Phone or Call in:

From a computer, smart phone or tablet: in a web browser type in Ringcentral.com., Join a Meeting, enter Meeting ID and password

Call in (no video): Dial the Phone Call-in number listed below, enter Meeting ID, press # to enter as participant and password.

Disclaimer: data usage charges may apply depending on your data plan with your service provider.

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### Aging and Nutrition

**Sensory Changes**

- **Wednesday, September 9, 2020**
  - 10:00 – 11:00 AM
  - Meeting ID: 148 210 6951
  - Password: 319601

No computer or smartphone: Join by telephone by dialing:
1 213 250 5700
Meeting ID: 148 210 6951#
Then, press # to enter as participant
Password: 319601

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### Aging and Brain Health

- **Wednesday, September 23, 2020**
  - 2:30 – 3:30 PM

Meeting ID: 148 888 5978
Password: 652295

Do not have a computer/internet: Join by telephone by dialing:
1 213 250 5700
Meeting ID: 148 888 5978#
Then, press # to join as participant
Password: 652295

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### YOGA

- **Friday, September 11, 2020**
  - 10:15 – 11:30 AM

- **Friday, September 18, 2020**
  - 10:15 – 11:30 AM

- **Friday, September 25, 2020**
  - 10:15 – 11:30 AM

Meeting ID: 149 019 8905
Password: 138772

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### Whats Cookin

**Food Demonstration**

- **Cooking with Chef Gilligan**
  - From LA Trade Tech Culinary Arts
  - **Friday, September 18, 2020**
    - 1:00 – 2:00 PM
    - Meeting ID: 148 152 8681
    - Password: 566863

No computer or smartphone: Join by phone call by dialing:
1 213 250 5700
Meeting ID: 148 152 8681#
Then, press # to enter as participant
Password: 566863

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### What’s Cooking with Martin

- **Wednesday, September 30**
  - 2:30 – 3:30 PM

Meeting ID: 148 340 3324
Password: 084696

Do not have a computer/internet: Join by telephone call by dialing:
1 213 250 5700
Meeting ID: 148 340 3324#
Then, press # to join as participant
Password: 084696

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**Turn the page to see more classes**

For more information, contact Janelle at 213-474-1188  E-mail: jlheureux@apla.org

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Tear Here

Please fill out this section and give to NOLP staff member

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<tr>
<th>Name:</th>
<th>NOLP</th>
<th>Tele:</th>
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S:\Nutrition ED\Monthly Classes\Appt March 2020 - Feb 2021
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What Do YOU Want?

☐ Tuesday, September 22, 2020
10:00 – 11:00 AM
Meeting ID: 148 901 3907
Password: 240414

Don’t have a computer or smartphone?
Join by telephone call by dialing:
1 213 250 5700
Meeting ID: 148 901 3907#
Then, press # to join as participant
Password: 240414

Physical Activity During Lockdown

☐ Tuesday, September 29, 2020
10:00 – 11:00 AM
Meeting ID: 148 433 3081
Password: 962676

Don’t have a computer or smartphone?
Join by telephone call by dialing:
1 213 250 5700
Meeting ID: 148 433 3081#
Then, press # to enter as participant
Password: 962676

Check Off the class you plan to attend. Keep the top portion. Fill out the bottom of the form and give to NOLP staff.

For more information call Janelle: 213.474.1067 E-mail: jlheureux@apla.org

Please fill out this section and give to NOLP staff member

<table>
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