

# How to attend the NOLP October 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.

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

## Stress Management & Nutrition

- Thursday, October 8, 2020  
10:00 – 11:00 AM  
**Meeting ID: 149 408 0921**  
**Password: 123479**

No computer or smartphone:  
Join by telephone by dialing:  
1 213 250 5700  
Meeting ID: 149 408 0921#  
Then, press # to enter as participant  
Password: 123479

## YOGA

- Friday, October 9, 2020  
10:15 – 11:30 AM  
 Friday, October 16, 2020  
10:15 – 11:30 AM  
 Friday, October 23, 2020  
10:15 – 11:30 AM  
 Friday, October 30, 2020  
10:15 – 11:30 AM

**Meeting ID: 149 448 0750**  
**Password: 857123**

Do not have a computer/internet:  
Join by telephone by dialing:  
1 213 250 5700  
Meeting ID: 149 448 0750 #  
Then, press # to enter as participant  
Password: 857123

## What Do YOU Want: SMART GOALS

- Tuesday, October 13, 2020  
10:00 – 11:00 AM  
**Meeting ID: 149 063 2364**  
**Password: 580429**

No computer or smartphone:  
Join by phone call by dialing:  
1 213 250 5700  
Meeting ID: 149 063 2364#  
Then, press # to enter as participant  
Password: 580429

## Aging and Brain Health

- Thursday, October 22, 2020  
2:30 – 3:30 PM  
**Meeting ID: 149 167 2079**  
**Password: 287171**

Do not have a computer/internet:  
Join by telephone by dialing:  
1 213 250 5700  
Meeting ID: 149 167 2079#  
Then, press # to join as participant  
Password: 287171

## Food Shopping for the Best You

- Tuesday, October 27, 2020  
10:00 – 11:00 AM  
**Meeting ID: 148 075 2724**  
**Password: 799256**

Do not have a computer/internet:  
Join by telephone call by dialing:  
1 213 250 5700  
Meeting ID: 148 075 2724#  
Then, press # to join as participant  
Password: 799256

## Boost Your Immune System

- Wednesday, October 28, 2020  
2:30 – 3:30 PM  
**Meeting ID: 149 936 9331**  
**Password: 124357**

Do not have a computer/internet:  
Join by telephone by dialing:  
1 213 250 5700  
Meeting ID: 149 936 9331#  
Then, press # to join as participant  
Password: 124357

**Keep top section for yourself. For more information, contact Janelle at 213-201-1556 E-mail: [jlheureux@apla.org](mailto:jlheureux@apla.org)**

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**To reserve your space in a class, fill out this section and give to NOLP staff member or call us.**

<b>Name:</b>	<b>NOLP</b>	<b>Tele:</b>		
<b>Email address:</b>	<b>Preferred contact:</b>		<b>Class Date</b>	
	<input type="checkbox"/> Phone <input type="checkbox"/> Email		<input type="checkbox"/> Oct 8 <input type="checkbox"/> Oct 9 <input type="checkbox"/> Oct 13 <input type="checkbox"/> Oct16 <input type="checkbox"/> Oct 22 <input type="checkbox"/> Oct 23 <input type="checkbox"/> Oct 27 <input type="checkbox"/> Oct 28 <input type="checkbox"/> Oct 30	