

Get Active Program

How to join Get Active Training via Zoom

on your computer

1. DOWNLOAD

Download



<https://zoom.us/support/download>

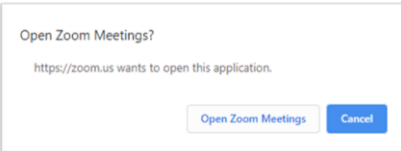
2. CLICK THE EVENT LINK

In your calendar invite, click the meeting link. It will look something like this.

<https://zoom.us/j/97981267665> (example only)

3. FOLLOW THE PROMPTS

Follow the prompts to open the page in Zoom

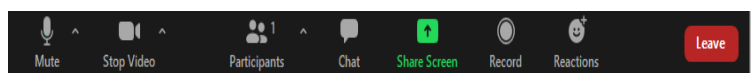


Open Zoom Meetings?
<https://zoom.us> wants to open this application.

4. ALLOW ACCESS

Click the prompts to allow you to join using video and join using internet audio.

Once in - Control audio and camera access at the bottom of your screen.



5. ENJOY!

Set yourself up in a comfortable spot and grab a drink.

This is an interactive workshop which allows plenty of time to discuss topics and learn more about each other and the program.

Please feel free to get up and move around and call for a quick comfort break when required!

