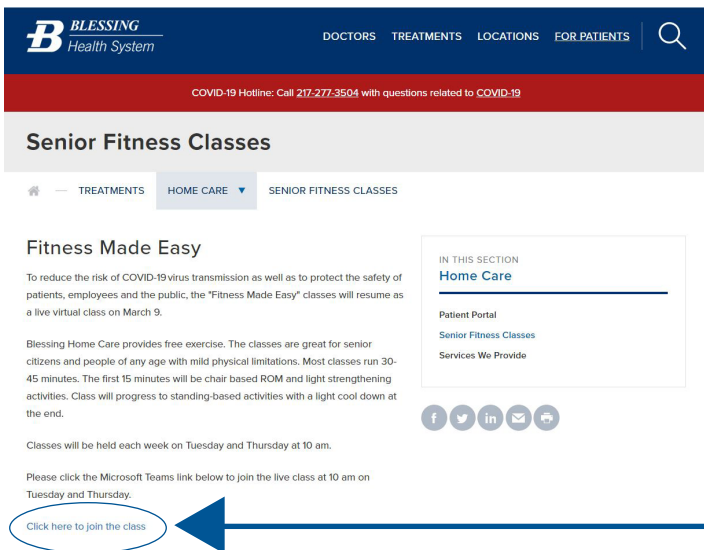


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HOW TO GUIDE

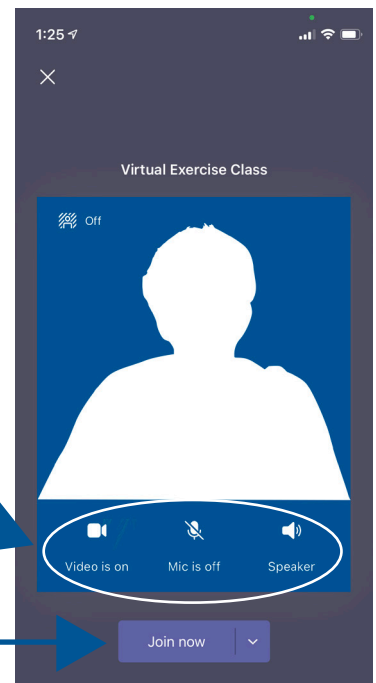


If using your phone, prior to your first class, download the FREE Microsoft Teams app in the App Store or on Google Play and register using an email address. If you are using a computer you do not need to download the app.



Visit blessinghealth.org/seniorfitnessclasses and click the link “Click here to join the class”.

Make sure your video is on, mic is off and speaker on.
Select “Join now”.



We look forward to seeing you on TEAMS for virtual classes with Joan!