



### Virtual Zoom Class Instructions

**Welcome to the Interfaith Caregivers, Project Healthy Bones Virtual class!**

Attached here is helpful information for you to join our Zoom classes via computer or by phone (visual or audio). If you have any additional questions, please contact, Evita or Lauri at the Interfaith office at 609-393-9922 or via email, [evita@icgmc.org](mailto:evita@icgmc.org) or [lauri@icgmc.org](mailto:lauri@icgmc.org). We hope to “see you in class!”

---

Each week a link to join the PHB Virtual Exercise Class is sent through email.

If you have email and are not receiving the invitation, please contact us. If you do not have an email address, but have access to the Internet, we may be able to send you the invitation by text.

If you do not have an email address or access to the Internet, please go to the section, “[How to Join Zoom by Phone.](#)”

### YouTube Links

If you are joining Zoom for the First time, you may want to review this helpful video:

[https://www.youtube.com/watch?time\\_continue=3&v=6fIYWnfTc5o&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=3&v=6fIYWnfTc5o&feature=emb_logo)

### How To Join Zoom via Desktop Computer, Laptop Computer, iPad or other Tablet

1. Find the invitation which you received via email to join the class. Here is a copy of the email invitation:

**Evita Girón is inviting you to a scheduled Zoom meeting.**

Topic: PHB Virtual Exercise Class

Time: Aug 3, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/99929938880?pwd=b1JnWVZaOTJSQ013L3YxMnV3alhFdz09>

Meeting ID: 999 2993 8880

Passcode: 587488

One tap mobile

+13126266799,,99929938880#,,,,,0#,,587488# US (Chicago)

+19292056099,,99929938880#,,,,,0#,,587488# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

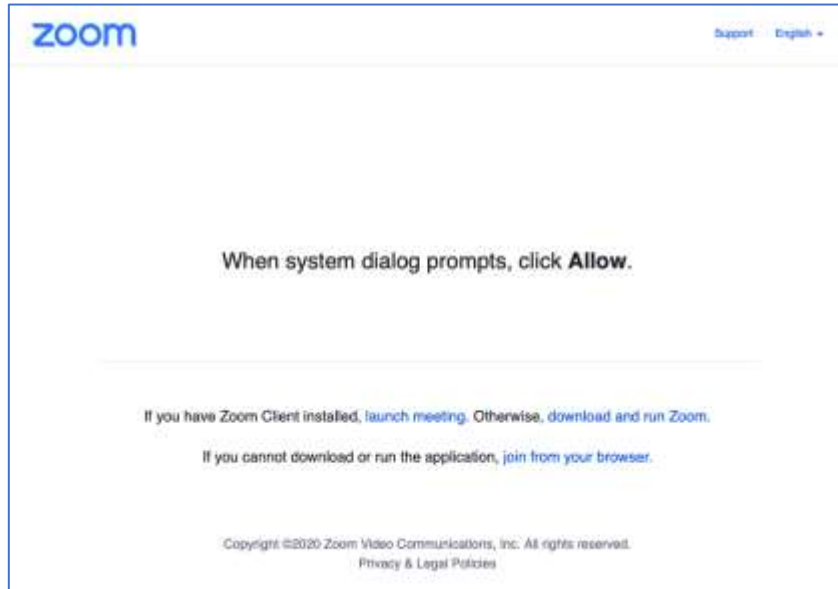
+1 253 215 8782 US (Tacoma)

Meeting ID: 999 2993 8880

Passcode: 587488

2. To join the virtual class, click the blue link under the heading “Join Zoom Meeting.”

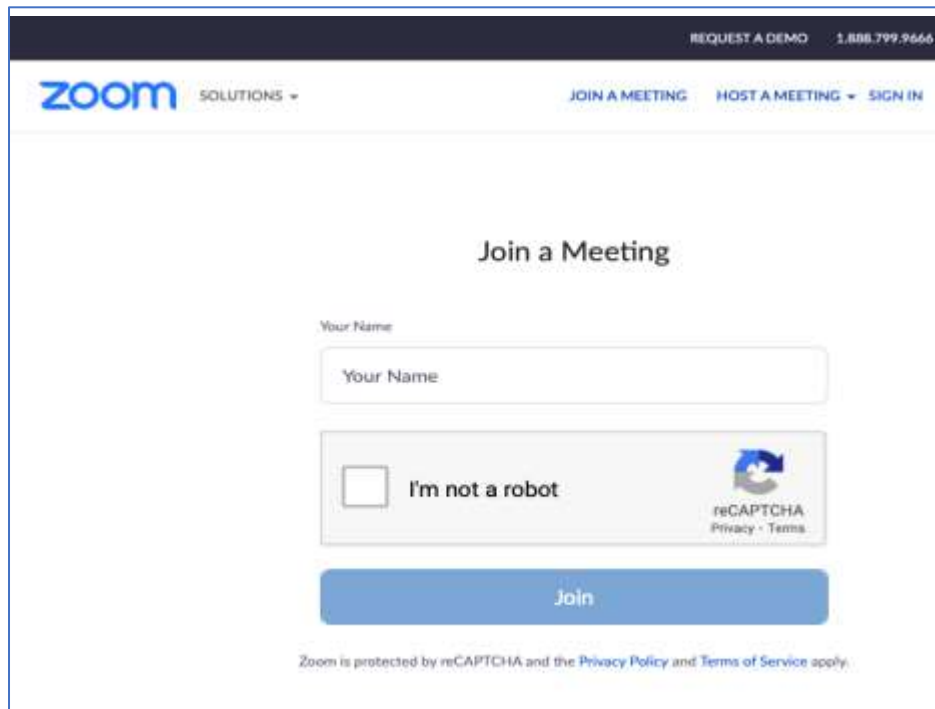
3. If you already have Zoom downloaded on your device, you will automatically be entered into the call without having to enter in your name or meeting ID/password.
4. If you do not have Zoom downloaded onto your device, you can still join. You might see the following:



Click [launch meeting](#).

You will be asked to enter the **Meeting ID (99929938880)** and **Passcode (587488)**

5. If you cannot download or run the application, click the blue link, “[join from your browser](#).” You should see the following screen:



6. You will be asked to enter your name. Type in your name and click the box next to “I’m not a robot.” Follow the directions given, and click on the appropriate photos and the box “verify.” You will then be able to click on the large blue button, “Join.”
7. You will be placed in a “Waiting Room,” and the host (Evita) will “Admit” you onto the Zoom Call.

### **How To Join Zoom by Phone**

It is possible to join the Healthy Bones class using a regular phone or cell phone without internet. In this case, you will not be able to see other participants on the call. However, you will be able to hear the class instructions and can follow along.

1. Dial the number, 1 929 205 6099.
2. You will be asked to enter your “Meeting ID number followed by the # key.” The ID# is: 999 2993 8880, followed by #.
3. You will be asked to enter a “Participant ID number.” There is no Participant ID number. Enter #
4. You will be asked to enter the Passcode, followed by the # key. The passcode is: 587488, followed by #.

You will then be on the Zoom conference call and can hear class instructions.