

# 2021/2022 Zoom Exercise Schedule and Information

Curans Heart Centre, Thunder Bay, ON, 1165 Barton Street, 1-807-345-3355

Month	Date/Time	Topic	Exercise	Presenter
October 2021	1st @ 10am	Blood Pressure	Resistance	Jacqueline D, R.Kin
	22nd @ 3pm			
November 2021	9th @ 10am	Heart Rate	Aerobic	Kayla W, MSc
	23rd @ 3pm			
December 2021	7th @ 10am	Benefits of Resistance Training for Arthritis	Resistance	Olivia S, R.Kin
	21st @ 3pm			
January 2022	7th @ 10am	Exercising with Diabetes: HIIT Your Targets	Aerobic	Jacqueline D, R.Kin
	21st @ 3pm			
February 2022	8th @ 10am	Sleep Importance	Aerobic	Kayla W, MSc
	22nd @ 3pm			
March 2022	8th @ 10am	Balance for Fall Prevention	Balance	Olivia S, R.Kin
	22nd @ 3pm			
April 2022	1st @ 10am	Setting S.M.A.R.T. Goals	Resistance	Jacqueline D, R.Kin
	22nd @ 3pm			
May 2022	10th @ 10am	Impact of Diet and Exercise on Cholesterol Levels	Aerobic	Kayla W, MSc
	24th @ 3pm			
June 2022	14th @ 10am	Importance of Staying Hydrated	Balance	Olivia S, R.Kin
	28th @ 3pm			

\*Please email/call us 1 week before the exercise you would like to attend in order to sign-up and receive the meeting ID\*



# How to: Zoom Instructions

A zoom account is **not** required if you are joining a meeting as a participant. By now, you should have received an email or instructions from the coordinators over the phone for the zoom session you are about to attend.

## Joining Via Computer

1. Click on the link emailed to you OR by going to 'join.zoom.us'
2. Enter the 9-digit meeting ID and password found in the email.
3. You will then be re-directed into the meeting
4. To talk or mute yourself click the 'mute icon'
5. To start or stop your camera click on the 'camera' icon. However a webcam is not required.
6. To leave the meeting click "leave meeting" found on the bottom right hand corner

Join a Meeting

Meeting ID or Personal Link Name

Join



Mute



Start Video

## Joining Via Telephone

1. Call one of the Toll free numbers for the Canadian region. If a number is busy, try the next number on the list.
  - +1 (647) 374-4685 Canada
  - +1 (647) 558-0588 Canada
  - +1 (778) 907-2071 Canada
  - +1 (438) 809-7799 Canada
  - +1 (587) 328-1099 Canada
2. Once you have called, you will then hear "Welcome to Zoom, Enter your Meeting ID, followed by the pound (#) sign".
3. Enter the meeting ID found in an email previously sent or provided to you over the phone by one of the coordinators.
4. If you do not want others to hear you throughout the call "mute" your phone, if you wish to talk simply "unmute" your phone.
5. To leave the meeting, hang up the phone.