



CHOICESM
Health Plans

Join Us!

VNSNY CHOICE Virtual Exercise Series!

You are invited to live bilingual language (English/Cantonese) exercise classes from the comfort of your home!

Join using a PC, Mac, iPad, iPhone or Android device.



EVENT: Chair Yoga
DATE: Tuesday, October 6
TIME: 2:30 pm - 3:30 pm

EVENT: Cardio Fitness
DATE: Tuesday, October 20
TIME: 2:30 pm - 3:30 pm

HOW TO PARTICIPATE:
Click [HERE](#) to join the class via Zoom or see instructions on left to access the class

Join with Zoom!

- 1) Go to www.Zoom.com
- 2) Click on **“Join a Meeting”**
- 3) Enter the following:
Meeting ID: 772 662 3351

OR download the Zoom app:

- 1) Open the App Store or Google Play Store
- 2) Search for and download the Zoom app
- 3) Click **“Open”** and **“Join a Meeting”**
- 4) Enter the following:
Meeting ID: 772 662 3351

For questions, please call:

212-619-3072

9 am - 5 pm, 7 days a week

To learn about more virtual classes and workshops from VNSNY CHOICE, visit:
vnsnychoice.org/attend-events