

We Move for Health Event Zoom Links and Schedule

	Meeting ID	Zoom Link
Channel A	852 0776 3987	https://us02web.zoom.us/j/85207763987
Channel B	814 3634 7765	https://us02web.zoom.us/j/81436347765
Channel C	841 8945 9755	https://us02web.zoom.us/j/84189459755
Channel D	835 1547 0148	https://us02web.zoom.us/j/83515470148

CALL IN BY PHONE ONLY AT
(Llame Por Teléfono Solo AI)
(669) 900 9128, Meet ID #

PRE-REGISTER FOR EVENT HERE



<https://us02web.zoom.us/meeting/register/tZYud-morDwtHdwmhE8npblK1gzrkA6hcb4I>

MAIN AUDITORIUM Events

12:30PM- 12:45PM

- ✓ **Main Auditorium – YOU START HERE**
- ✓ **Welcome**
- ✓ **Select the Room you want to go in from Channels listed below**
- ✓ **Then Follow the time listed, the link and the Meeting ID**
- ✓ **Come back to Main Auditorium for information, help, Prizes and Guest Speaker**
- ✓ **Painted Brain is here in the Chat Rooms to help you**



Musical Selections by Rahsiid Moore

12:45PM- Resource Time

12:55PM - Break Out Rooms Begin (*Go to Channels: A, B, C, or D*)

2:25PM- 2:30PM Prize Give-Away

2:30PM- 3:30PM Event Information (*Go to Channels: A, B, C, or D*)

3:30PM- 4:00PM Guest Speaker: Dr. Donna White-Carey

4:00PM- 4:10PM Prize Five-Away/ Food Give-away video

4:10PM- 4:15PM Resource Time

4:15PM- 4:30PM Thank you!

JOIN THE CLASSES YOU WANT TO ATTEND (CHANNEL A, B, C, D)

CHANNEL A Events

<https://us02web.zoom.us/j/85207763987>

Meeting ID: 852 0776 3987

12:55PM – 2:00PM

Laughing Yoga with Teena Miller

2:30PM – 3:00PM

Black Men Speak Damon Shuja Johnson , Walter Callen,

Krystal Carpenter

3:00PM - 3:30PM

Eight Dimensions of Wellness Adriene Bennett

CHANNEL B Events

<https://us02web.zoom.us/j/81436347765>

Meeting ID: 814 3634 7765

12:55PM – 1:25PM

Chair Chi with Edison Lee

1:25PM - 1:55PM

Yoga with Jenny Chu

1:55PM - 2:25PM

Health Through Art Anjila Yusufi

2:30PM - 3:30PM

Education on Dialectical Behavioral Therapy (DBT)
Marti Winterhalter

CHANNEL C Events

<https://us02web.zoom.us/j/84189459755>

Meeting ID: 841 8945 9755

12:55PM – 1:25PM

African Dance workshop with Ava Square

1:25PM - 1:55PM

Tai Chi with TING XU

1:55PM - 2:25PM

X-treme Hip Hop with Amber Gholston

2:25PM - 2:30PM

Prizes Given Auditorium

2:30PM – 3:00PM

Fitness Fusion Workout- Tiffany Bell of Resultz &

3:00PM – 3:30PM

Plant Based Food Demo with Denishi Blake (same room)

CHANNEL D Events

<https://us02web.zoom.us/j/83515470148>

Meeting ID: 835 1547 0148

TAY Room (ages 16-25) & Youth Room (15 & Under)

****Participants Please Enter in the Zoom Chat, Your First Name, Last Initial ONLY & Age. You will be placed in age appropriate rooms**

12:30PM- 12:45PM

Introductions & Welcome

Christensen Sanders, Zakiya Johnson, Kimberly Marquez-Cortes, Peggy Rahman, Bianca Brown, Katie DeYoung

12:55PM - 1:25PM Icebreaker: Funny ZOOM stories- Peggy Rahman

1:25PM - 1:55PM **Guest Speaker:**
Professional Basketball Player Brandan Striplin

Breakout Rooms – TAY & Youth

1:55PM - 2:25PM Chair Yoga with Jenny Chu (TAY)

1:55PM - 2:25PM Chair Chi with Edison Lee (Youth)

BREAK: PSA with Resources for TAY and Youth Rooms

BREAKOUT ROOMS- TAY & Youth

2:30PM - 3:15PM Show Us What You Got!

3:15PM - 3:20PM Questions for Dr. Donna?

3:20PM - 3:30PM Raffle

3:30PM- 4:00PM Go to the Main Auditorium For Dr. Donna White- Carey

EVENT DISCLAIMER

This series of event classes are low intensity to high intensity exercises including African Dance, Hip Hop Yoga, Tai Chi, Chair Chi etc.,. It should not be used in place of advice of a physician, physiotherapist, psychologists, physiotherapist or other health professional. **Exercises are done at your own risk** and HHREC/PEERS, Host Agencies, and event class instructors will not be held responsible for any adverse effects. It is advised before starting any exercise routine/ class you should be cleared by your doctor.

Complete Event Survey

[https://www.surveymonkey.com/r/We Move for Health](https://www.surveymonkey.com/r/We_Move_for_Health)