

# October Sessions

Session Title	Date / Time	Join Meeting
Yoga-Pilates Fusion	Fri. Oct. 4 12-12:45pm	<a href="#">Click here to Join</a> *On Webex Meeting ID: 2423 437 8238 Passcode: 4aUfHxveH93
Stretch Break	Mon. Oct. 7 2:15-2:25pm	<a href="#">Click here to Join</a> *On Teams Meeting ID: 224 975 970 396 Passcode: 6YUwxG
Strong Flow	Wed. Oct. 9 12-12:30pm	<a href="#">Click here to Join</a> *On Webex Meeting ID: 2773 302 7991 Passcode: FgJZs3PMp28
UHN BRITE Moment	Fri. Oct. 11 2:15-2:25pm	<a href="#">Click here to Join</a> *On Teams Meeting ID: 211 030 984 760 Passcode: erYFWe
Contingency & Emergency Planning for Caregivers	Tues. Oct. 15 12-1pm	<a href="#">Click here to Join</a> *On Zoom
Optimal Sleep Health	Tues. Oct. 15 2:15-3pm	<a href="#">Click here to Join</a> *On Teams Meeting ID: 256 111 225 787 Passcode: kA2yMh
Pet Therapy	Thurs. Oct. 17 12-12:45pm	<a href="#">Click here to Join</a> *On Teams Meeting ID: 211 733 292 884 Passcode: 4YLr4x
Strength & Conditioning	Mon. Oct. 21 12-12:45pm	<a href="#">Click here to Join</a> *On Webex Meeting ID: 2773 739 1509 Passcode: jzVV6EDQB34
All-Levels HIIT	Thurs. Oct. 24 12-12:45pm	<a href="#">Click here to Join</a> *On Webex Meeting ID: 2773 072 1788 Passcode: R88suan2eWX
UHN BRITE Moment	Fri. Oct. 25 2:15-2:25	<a href="#">Click here to Join</a> *On Teams Meeting ID: 234 163 545 589 Passcode: zjn8ru
UHN BRITE Moment	Tues. Oct. 29 2:15-2:25pm	<a href="#">Click here to Join</a> *On Teams Meeting ID: 258 212 372 464 Passcode: i6CgsS
<b>Attend the live/recorded sessions to be entered into prize draws.</b>		

