<table>
<thead>
<tr>
<th>CNC</th>
<th>Teaching 1</th>
<th>Teaching 2</th>
<th>Teaching 3</th>
<th>Teaching 4</th>
</tr>
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<tbody>
<tr>
<td>Apopka 1:</td>
<td>September 4: 0900</td>
<td>September 11: 1300</td>
<td>September 24: 1500</td>
<td>October 1: 1100 ED vs. Urgent Care vs. Telemed? What to do When....</td>
</tr>
<tr>
<td>Heather</td>
<td>Cooking with Friends!</td>
<td>Masks: Tips, Tricks, and Myths</td>
<td>Safely Eating Out</td>
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<tr>
<td>Apopka 2:</td>
<td>September 4: 1100</td>
<td>September 11: 1500</td>
<td>September 24: 1300</td>
<td>October 8: 1500 Grocery Delivery Services...Which One is Right for You?</td>
</tr>
<tr>
<td>Heather</td>
<td>Water Hacks for Wellness!</td>
<td>COVID Safety when Traveling</td>
<td>Central Florida Activities Safe for Social Distancing</td>
<td></td>
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<tr>
<td>Englewood:</td>
<td>September 4: 1300</td>
<td>September 17: 0900</td>
<td>September 24: 1100</td>
<td>October 2: 1500</td>
</tr>
<tr>
<td>Brandi</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pine Hills 1:</td>
<td>September 4: 1500</td>
<td>September 17: 1100</td>
<td>September 24: 0900</td>
<td>October 1: 1300 Stay Positive!</td>
</tr>
<tr>
<td>Merissa</td>
<td>Meditation</td>
<td>Caregiver Burnout</td>
<td>Mental Health Stigmas</td>
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<tr>
<td>Pine Hills 2:</td>
<td>September 10: 0900</td>
<td>September 17: 1300</td>
<td>September 25: 1100</td>
<td>October 2: 1100 Connect with Friends! (How to play games face</td>
</tr>
<tr>
<td>Merissa</td>
<td>Virtual Reality</td>
<td>Safety/Fall Prevention</td>
<td>Depression and Anxiety (Symptoms and Screenings)</td>
<td></td>
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<tr>
<td>Location</td>
<td>September 10</td>
<td>September 17</td>
<td>September 25</td>
<td>October 2</td>
</tr>
<tr>
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<tr>
<td>Winter Park/Casselberry: Laura</td>
<td>1100 Brain Fitness</td>
<td>1500 Infection Prevention</td>
<td>0900 Combating Social Isolation</td>
<td>1300 Physical Activity with Social Distancing</td>
</tr>
<tr>
<td>Oakridge: Geraldine</td>
<td>1300 Prevent Osteoporosis</td>
<td>0900 Let’s talk about Depression</td>
<td>1500 Immunizations for older adults</td>
<td>1100 Importance of Sleep</td>
</tr>
<tr>
<td>West Orange: Erica</td>
<td>1500 Self-Monitoring BP</td>
<td>1100 Portion Sizes</td>
<td>1300 Obesity Risk</td>
<td>0900 Healthy Eating Out</td>
</tr>
<tr>
<td>Cocoa: Nancy</td>
<td></td>
<td></td>
<td>1500 Importance of the Flu Shot</td>
<td>October 2: 0900 Hydration</td>
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<tr>
<td>Sanford: Jon</td>
<td>1100</td>
<td>1500</td>
<td>October 1: 0900</td>
<td>October 8: 1300</td>
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</tbody>
</table>

Dates: September 4, 10, 11, 17, 18, 24, 25, October 1, 2, 8

Teaching LIFE!
Heather: September 4, 9:00 AM: Join URL: https://ucf.zoom.us/j/93287327665?pwd=Y1FUQnBoV2pJcmVxcFZQaUFpb2wvQT09
September 4, 11:00 AM: Join URL: https://ucf.zoom.us/j/97806730559?pwd=ZmtVdlp6T3NiN21xaTk5SU0pL1kxZz09
September 11, 1:00 PM: Join URL: https://ucf.zoom.us/j/97660035099?pwd=RWo1bWU2WlgQjllRXN1M0NDUm14Zz09
September 11, 3:00 PM: Join URL: https://ucf.zoom.us/j/91450924732?pwd=NXNqbExHVRDMFNhcHJMdDJzUHpSdz09
September 24, 1:00 PM: Join URL: https://ucf.zoom.us/j/92883264264?pwd=M0tPelBQaG0weUpBN0h5Ukc2K0k4QT09
September 24, 3:00 PM: Join URL: https://ucf.zoom.us/j/98009934250?pwd=WIMvOVlpU0t0eDJRbTBJVmU0b3FaUT09
October 1, 11:00 AM: Join URL: https://ucf.zoom.us/j/96834866637?pwd=VUFDeWgzSDY3SzA5NnBUMytNTIArUT09
October 8, 3:00 PM: Join URL: https://ucf.zoom.us/j/98336497997?pwd=RXpKRIZVWjM1d2dFT0k4OGksUldPUT09

Merissa

Topic: NUR3616L_CMB-20Fall 00165
Time: Sep 4, 2020 03:00 PM Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/99683951616?pwd=enZZql0cFhPenlWcGJCMnNsWjg1Zz09
Topic: NUR3616L_CMB-20Fall 00165
Time: **Sep 10, 2020 09:00 AM** Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/98947024148?pwd=TFk0Y0hma0pmZlJCQIczdIM3Q05sUT09

Topic: NUR3616L_CMB-20Fall 00165
Time: **Sep 17, 2020 11:00 AM** Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/92017273108?pwd=ZjNZZGVHaFFjdUkvNW1IMVQrSlV3dz09

Topic: NUR3616L_CMB-20Fall 00165
Time: **Sep 17, 2020 01:00 PM** Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/95385105260?pwd=VytHYmZJaENuL2JKZ05SQkxXZGpIUT09

Topic: NUR3616L_CMB-20Fall 00165
Time: **Sep 24, 2020 09:00 AM** Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/94062545603?pwd=bUFNNVo2MXYwemxlRFNmNm9MUzhJUT09
Topic: NUR3616L_CMB-20Fall 00165
Time: Sep 25, 2020 11:00 AM Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/96158533853?pwd=WGVpdjFVNktLaEjkZkxwRjBWbQmZMUT09

Topic: NUR3616L_CMB-20Fall 00165
Time: Oct 1, 2020 01:00 PM Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/96965994562?pwd=SfJVeENYNUYSeVhnc2ppaA0Z0c2dz09

Topic: NUR3616L_CMB-20Fall 00165
Time: Oct 2, 2020 11:00 AM Pacific Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/98800694928?pwd=ODZqOER2anFPZWC1Z085bCtLbEIQQT09

Brandi

All dates/times use the following link: https://ucf.zoom.us/j/2864569492
Erica:

**Topic: The Risks of Obesity**  
**Time:** Sep 10, 2020 03:00 PM Eastern Time (US and Canada)

Join Zoom Meeting  
https://ucf.zoom.us/j/7615565396

Meeting ID: 761 556 5396  
One tap mobile  
+13126266799,,7615565396# US (Chicago)  
+19292056099,,7615565396# US (New York)

**Topic: Portion Sizes**  
**Time:** Sep 18, 2020 11:00 AM Eastern Time (US and Canada)

Join Zoom Meeting  
https://ucf.zoom.us/j/7615565396

Meeting ID: 761 556 5396  
One tap mobile  
+13126266799,,7615565396# US (Chicago)  
+19292056099,,7615565396# US (New York)

**Topic: Healthy Eating Out**  
**Time:** Sep 25, 2020 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/7615565396?pwd=bFFheWN4ZHlTNW55Y1hFdmI4ZE1wdz09

Meeting ID: 761 556 5396
Passcode: 7e141d
One tap mobile
+13126266799,,7615565396# US (Chicago)
+19292056099,,7615565396# US (New York)

**Topic: Self-Monitoring BP**
**Time: Oct 8, 2020 11:00 AM** Eastern Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/7615565396

Meeting ID: 761 556 5396
One tap mobile
+13126266799,,7615565396# US (Chicago)
+19292056099,,7615565396# US (New York)

Laura:

Infection Prevention 9/10 @ 1100
https://ucf.zoom.us/j/95298238192
Social Isolation 9/17 @ 1500
https://ucf.zoom.us/j/93938962291
Staying Active During the Pandemic 9/25 @ 0900
https://ucf.zoom.us/j/97548687695
Brain Fitness 10/2 @ 1300
https://ucf.zoom.us/j/98033546613?pwd=YU5vYTNQbFlnY3Fudy9VTE5CRTJUZz09
Geraldine’s Topic

Prevent Osteoporosis Teaching Project

Time: Sep 10, 2020 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

https://ucf.zoom.us/j/4389456517?pwd=UGUyUFdOYit6anZiajRYV1ByQzgxUT09

Meeting ID: 438 945 6517
Passcode: 6j455m
Meeting ID: 438 945 6517
Passcode: 229218
Let’s talk about Depression Teaching Project

Time: Sep 11, 2020 09:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

https://ucf.zoom.us/j/4389456517?pwd=eHBQcFZ3ZUhTXkd3BhZH6VkJF6dz09

Meeting ID: 438 945 6517
Passcode: 3s561y
Meeting ID: 438 945 6517
Passcode: 470638
Immunizations for Older Adults Teaching Project

Time: Sep 25, 2020 03:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/4389456517?pwd=ZHN2N3kvSDFFZHqWmJUUWNY0txUT09

Meeting ID: 438 945 6517
Passcode: 0m375l

Importance of Sleep Teaching Project

Time: Oct 8, 2020 11:00 AM Eastern Time (US and Canada)

Join Zoom Meeting
https://ucf.zoom.us/j/4389456517?pwd=cCtoWVILSXBhVQa1V5sU2Y5T0nQT09