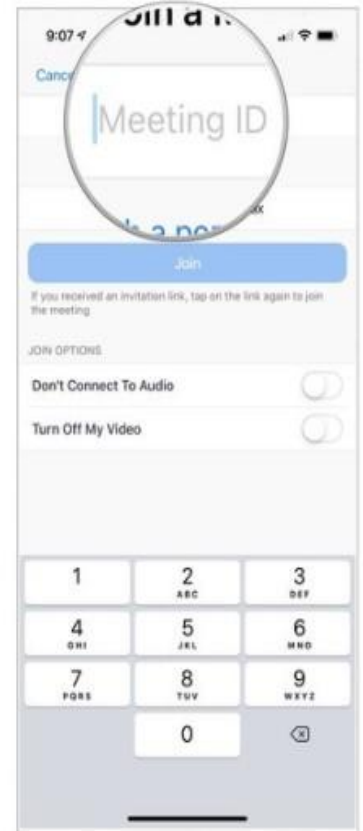## HOW TO ZOOM: VISUAL

To join through the Zoom app:

- **Download the *Zoom Cloud Meetings* app from the App Store.**
- **Tap the Zoom Cloud Meetings app on your mobile device Home screen.**
- **Choose Join a Meeting on the default Start a Meeting page in the app.**
- **Enter the Meeting-ID listed on our website, or on the sheet of paper with all the Zoom links listed, located at the front desk.**
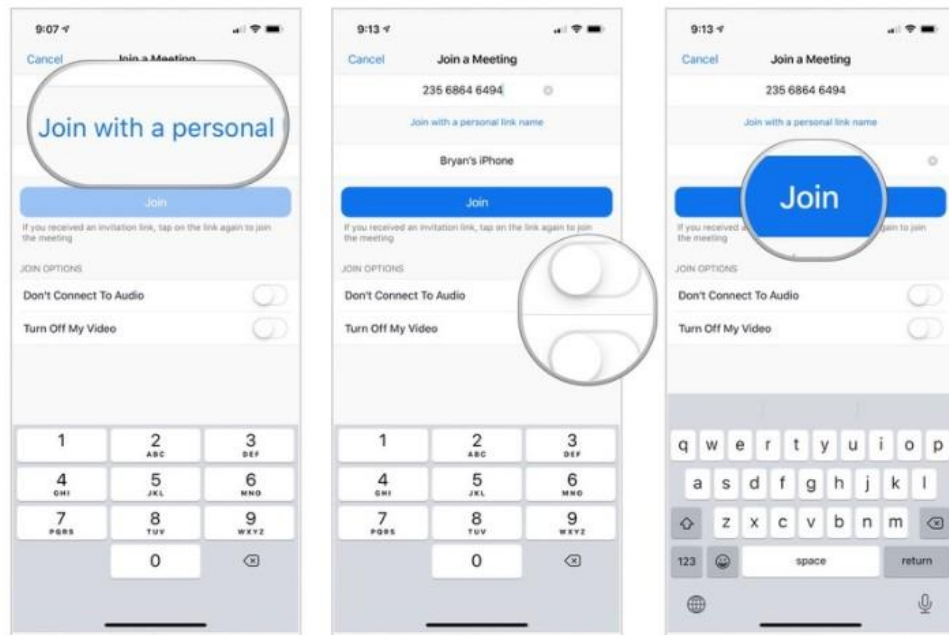

Source: iMore

CONTINUED..

- **Add your name under Join with a personal link name box.**
- **You can turn the audio and video off if you'd like!**
- **Tap Join Meeting to join the meeting.**

Source: iMore

- **When you join the meeting click "Call Using Internet Audio" to ensure your phone is connected to audio.**

To Join Through The Website:

- **Visit recoverycenterhc.org**
- **Go to the specific day of the week for the class you'd like to attend.**
- **Click either the link and Zoom will open automatically**
- **OR you can manually join the meeting by getting the Meeting ID and following the steps above.**
- **Phone numbers are also listed if you'd like to Call-In by phone if you do not have a smartphone.**

Monday

10:30am Ask The Dietician with Maria on Facebook Live!
Link:
https://www.facebook.com/MariaA.RCHC/

10:30am 8 Dimensions of Wellness with David
Call-In: +1 301 715 8592
Link:
https://us02web.zoom.us/j/82947920267
Meeting ID: 829 4792 0267

11:45am How To Be Happy (Or At Least Less Sad) with David
Call-In: +1 301 715 8592
Link:
https://us02web.zoom.us/j/82947920267
Meeting ID: 829 4792 0267

1:30PM No More Insomnia with Martha
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/85961010996
Meeting ID: 859 6101 0996

1:30PM Sports Shorts & More with Judy & Bill *Now on Zoom!
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/84923258695
Meeting ID: 849 2325 8695

Tuesday

10:30am Assertiveness with David
Call-In: +1 301 715 8592
Link:
https://us02web.zoom.us/j/82947920267
Meeting ID: 829 4792 0267

10:30 am The Road Less Traveled with Marilyn * UPDATED LINK
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/8795452162
Meeting ID: 879 5452 1626

11:45 am Weight Loss and Management Support Group with Maria
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/83917723039
Meeting ID: 839 1772 3039

1:30pm: Creative Writing with Brian
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/81446274903
Meeting ID: 814 4627 4903

Wednesday

10:30 am Baseball - A Sport of Recovery with Marilyn & Chris
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/82302742729
Meeting ID: 823 0274 2729

11:45 am: Everyday Skills Building with Martha
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/85961010996
Meeting ID: 859 6101 0996

1:30pm Escape The Stigma: a TAY Support Group with Amanda & Emily
Register here: tinyurl.com/ETSZoom

Thursday

10:30am Jeopardy with Amanda & Bill .
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/281178359
Meeting ID: 281 178 359

11:45 am: Attitudes of Gratitude with Brian
Link: facebook.com/RecoveryCenterCincy

1:30pm Bipolar & Depression Support Group with David
Call-In: +1 301 715 8592
Link:
https://us04web.zoom.us/j/760163009
Meeting ID: 760 163 009

Friday

10:30am DBT: Interpersonal Effectiveness Skills with Mary
Call-in: +1 301 715 8592
Link: https://us02web.zoom.us/j/83785641507
Meeting ID: 837 8564 1507

11:45 am Staying Spiritually Grounded In Tough Times with Fred
Call-In: +1 301 715 8592
Link:
https://us04web.zoom.us/j/5258044425
Meeting ID: 525 804 425

11:45 Healthy Cooking with Maria!
Link: https://www.facebook.com/MariaA.RCHC/

1:30 pm Fail Until You Don't with Martha
Call-In: +1 301 715 8592
Link: https://us02web.zoom.us/j/85961010996
Meeting ID: 859 6101 0996