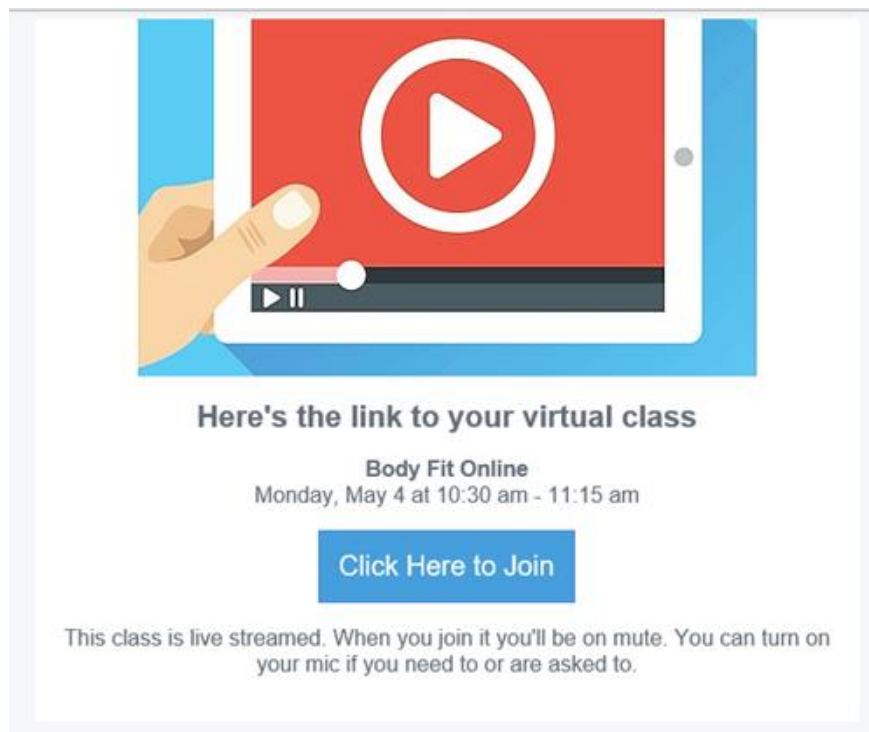
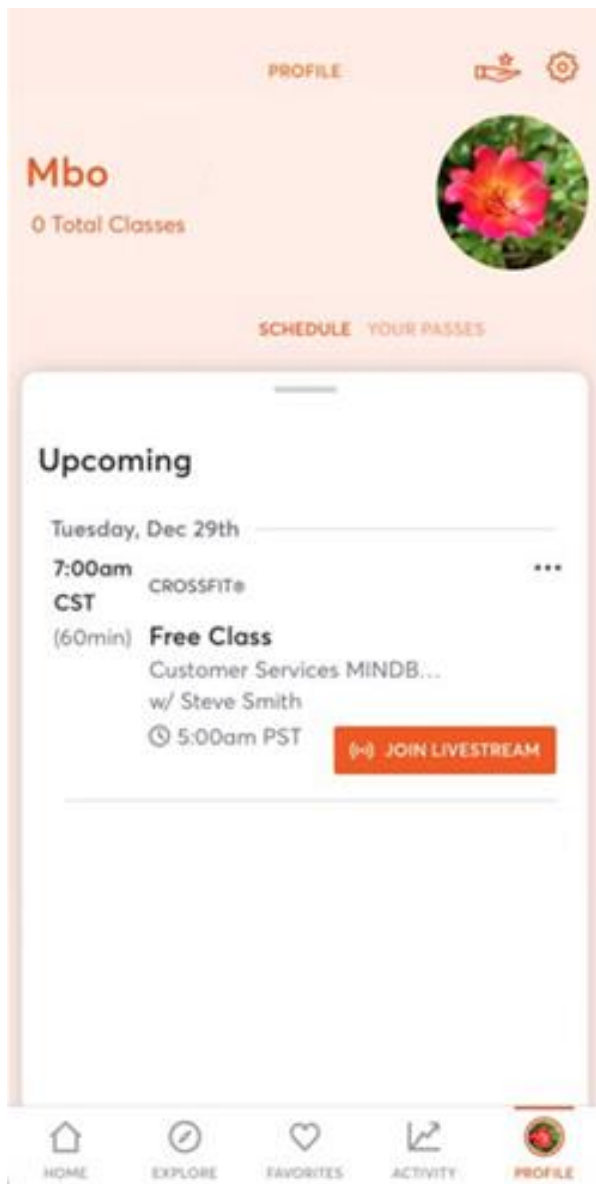


## Mind Body Instructions on how to Join a Virtual Class:

- Log onto your Mind Body account through App or Website
- Go to Home page and BOOK a class
- Registered class participants will receive an email notification that they are registered for their preferred class.
- Live stream links are sent out 30 minutes prior to the start of class. If you're booking last minute you may need to call the CHF front desk to register for the class and then you will be sent the email with link within a minute or two.



- OR....you can tap JOIN LIVESTREAM in your schedule in the Mindbody App.



- On a desktop, live stream classes work better with Google Chrome – you will be asked to download the Mindbody Live program one time only. Select “continue via Chrome” to access the class.

