

How to Join a Zoom Class Meeting

Online classes are held on Zoom.

Follow these easy steps to join an online Zoom class meeting:

- First, set up your computer and download Zoom (get info at www.stresscaretraining.org/technical-requirements)
- Next, read about our protocol for online classes (get info at www.stresscaretraining.org/zoom-meeting-protocol)
- Then, check your email. You will get an email invite from StressCare, 24 hours before the start of each class, with a clickable link and other meeting info.
- Open the email, and click on the meeting link
- You'll automatically be taken to the meeting
- Close open programs or browser windows

Alternate method

- Follow steps 1 through 3 above
- Get the Meeting ID from the email invite
- Go to the Zoom website (at <https://zoom.us>) - at the top of the home page, click "Join a Meeting"
- Type in the Meeting ID, and click the "Join" button to be taken to the meeting
- Close open programs or browser windows

For questions, please contact us at info@stresscaretraining.org

Thank you

We look forward to seeing you in class