

# UNIFOR Education

## UNIFOR – Service de l'éducation



Greetings:

Throughout the pandemic, our union has continued to provide educational support by connecting with members online.

We are pleased to offer a new series for retirees in 2021. Below you will find out details about each webinar, how to register and some detailed support on how to join webinars using your computer device or telephone.

Please note that these webinars are open to ALL Unifor retirees, spouses and/or partners.

### **The webinar series includes:**

**Medication Awareness Program** – Wednesday, January 20<sup>th</sup> 1:30 to 2:30 p.m. ET

#### **Objectives of the workshop:**

1. To identify and discuss issues related to your health.
2. To encourage retirees, spouses, and partners to become more actively involved in their health care.
3. Knowing the types of medication and to look at reducing the costs of medication.

**Healthy Lifestyles** - Wednesday, January 27<sup>th</sup> 1:30 to 2:30 p.m. ET

#### **Objectives of the workshop:**

1. To promote a healthy lifestyle and active living that includes regular exercise.
2. Look at some preventable diseases that can set us back

**Healthy Eating: Taking Charge of Your Nutrition** - Wednesday, February 3<sup>rd</sup> 1:30 to 2:30 p.m. ET

#### **Objectives of the workshop:**

1. To adopt healthy eating habits:
  - that includes proper portions
  - awareness of food contents

# UNIFOR Education

## UNIFOR – Service de l'éducation



**Mental Health** - Wednesday, February 10<sup>th</sup> 1:30 to 2:30 p.m. ET

### **Objectives of the workshop:**

1. Address the “Elephant in the Room”
2. To identify and review mental illnesses.
3. Mental illnesses as it relates to your mental health.
4. To encourage workers, retirees, spouses, and their partners to become more actively aware of mental health.
5. Knowing the types of medication is look at reducing the costs of medication.

**Our Graceful Exit** - Wednesday, February 17<sup>th</sup> 1:30 to 2:30 p.m. ET

### **Objectives of the workshop:**

1. Making that “Graceful Exit”
2. Your “Little Red Record Book”
3. Wills and beneficiaries
4. Purge, purge, purge...
5. Funeral arrangements

### **How to Register:**

1. Register at [onlineeducation.unifor.org](http://onlineeducation.unifor.org)
2. Click on the session(s) you would like to attend. You will be prompted to enter some basic information, including your email address.

### **How to Participate:**

On the day of the webinar, you will receive an email from Unifor’s Education Department, which will provide you with a link and phone numbers to join the webinar.

# UNIFOR Education

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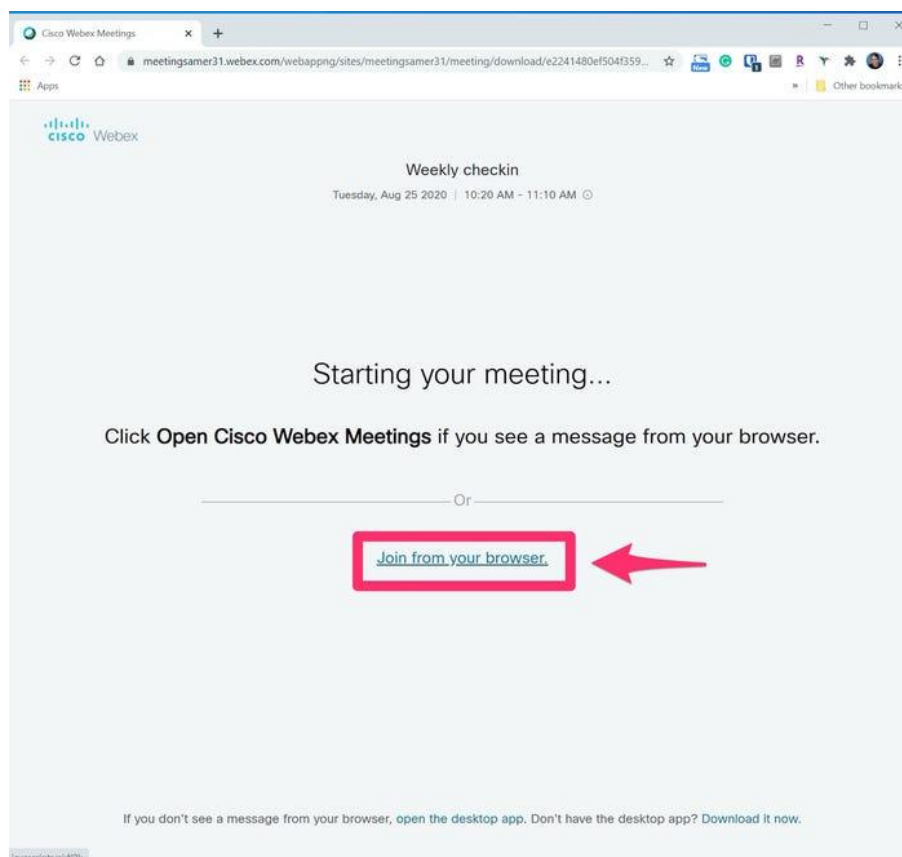
The internet link is your way of joining the video meeting by computer, tablet or smart phone (more details on how to do this are below).

Unifor webinars are hosted on a platform called Webex. You can join a [Webex](#) video meeting using a web browser (i.e. Explorer, Safari, Firefox, Chrome)

No matter how you plan to join, you will need to have registered for it at [onlineeducation.unifor.org](http://onlineeducation.unifor.org) so that the Education department can send you the email invitation.

### How to join a Webex meeting using a web browser

1. Open the meeting invitation in your email and click "Join."
2. Click "Join from your browser."



# UNIFOR Education

## UNIFOR – Service de l'éducation



3. On the Webex meeting window, configure the audio and video for the meeting. You can choose whether to use your computer's audio, dial in with your phone to establish the audio for the meeting.

4. You can also show or hide video.

5. When you're ready, click "Join Meeting."

### How to join a Webex meeting using a mobile app

You can join a Webex meeting from your iPhone, iPad, or Android device. Before you get started, install the Webex app for iOS (find this at the App Store on Apple devices) or the Webex app for Android (find this at the Google Play store).

1. Open the meeting invitation in your email app and click "Join." The Webex app will start automatically.

2. In the Webex app, you will choose whether to show or hide your video.

3. When you're ready, tap "Join."

How to join a webex meeting by phone:

1. The invitation email also contains call-in numbers. You will see a list of local numbers for locations across Canada.
2. Select your city, dial the number and enter the access code provided.

We hope to see you online in the near future.

In solidarity,

Unifor Education Department

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