

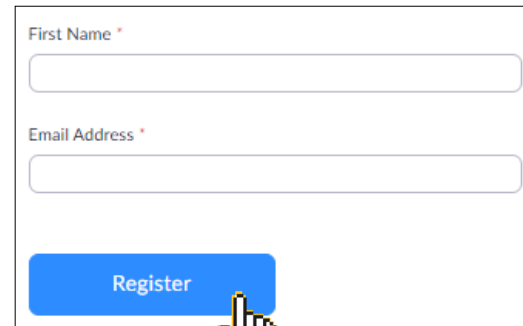
Directions for How to Register for Webinar

Throughout the fall, the wellness team will be coordinating live webinars on various wellness topics. Below are directions for how to register.

1. Click on the Webinar Registration link for *each* webinar you would like to attend *live*. If you cannot attend the live webinar, please do not register. Registration is limited. Recordings of the live webinar will be posted to [Wellness District Campaigns](#) for 1 week after the live event.

Date/Time	Presenter/Topic	Register
Tuesday 9/15 5:00-6:00pm	Carolina Jantac, RD Nutrition <i>Stress and Anxiety: Foods that can help!</i>	Webinar Registration PLN Section #104

2. Complete all the fields of the registration page and click *Register* to complete your registration.



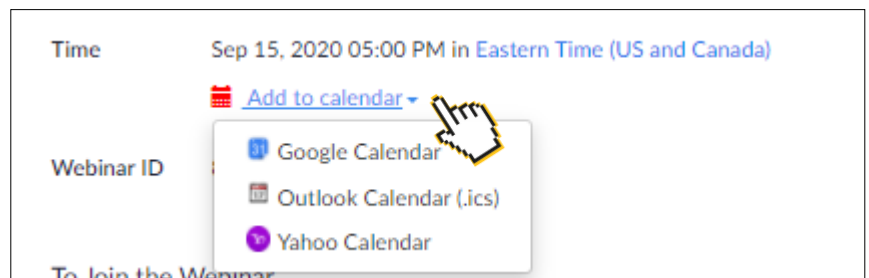
First Name *

Email Address *

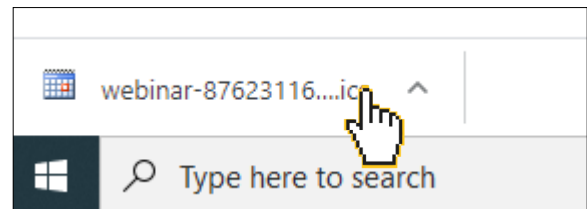
Register

3. Once you register, you will be directed to an approval page with all the information of the webinar. To add the webinar to your calendar, click *Add to Calendar*, next to time.

Then choose which calendar you would like to add it to. If you are using your PCS email, click *Outlook Calendar*.



4. Once you choose your calendar, a calendar invite will download automatically on the web page. To finish adding it to your calendar, double click on the download in the bottom left corner of your screen.



5. Once you double click on the download, it will open a calendar invite. Click *Save & Close* on the invite to save it to your calendar.

To access the event, you will open your calendar invite and click on the link to join the webinar.

