

Summer's here!

While there are no classes at the Clubhouse of Combo, X-Ercise, yoga and few CA facilities open, we can still move about by walking and taking classes on-line.

AND there are free classes from the Howard County Office on Aging & Independence!

The classes change every two weeks. The County uses WebEx for these classes and seminars.

Howard County has great on-line programs that are free, easy to access on-line. Just go to:

www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-on-Aging-and-Independence

Half way down the page, you'll find *Virtual Offerings Guide*, then just below the colorful flyer announcement is the current link in blue **View the Virtual Offerings Guide**, click on that.

You'll then be in the Virtual Offerings catalogue. There's a table of contents, a calendar, then each class has a write up that's on the calendar. You click on the link in the write up.

At the end of the catalogue, last page, is the explanation of WebEx, how to use it.

Enjoy!!

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