

How to join a virtual event: Using a desktop computer or laptop

Please Note: Video technology uses a significant amount of data from your Internet plan. You will need to have a sufficient home Internet plan, so you do not receive additional charges.

1. On the date and time of the event you would like to join, visit our website gethearthealthy.ca/patient-education

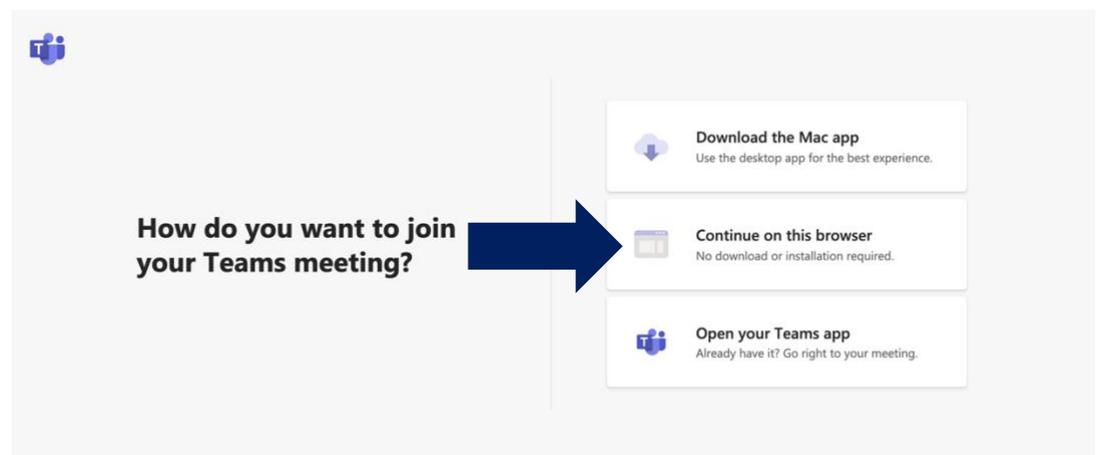
2. Click the event you would like to join. A drop-down box will appear.

3. Click the box
“CLICK HERE TO JOIN”

4. Click **Continue** on this browser. If your web browser does not work, you can also choose to get the Teams app. If you are joining on the Teams app, either click “[Get the Teams app](#)” or “[Open your Teams app](#)”

Calendar of Events

All events are free and open to the community. Join any event on a computer, laptop, tablet or smartphone, and turn on captions (available in multiple languages) to improve your experience. [Click here](#) to learn how to join a live event, or learn how to turn on captions by [watching this video](#).



5. Enter your first name or initials, as you would like it to appear to others, and click [Join now](#).



How to join a virtual event: Using a smartphone or tablet

Please Note: Video technology uses a significant amount of data from your Internet plan. You will need to have a sufficient home Internet plan, so you do not receive additional charges.

1. To join on a smartphone or tablet, you must first download the Microsoft Teams app. Download from the Apple App Store or Google Play Store. You will need your Apple or Google Play Store username and password. In the app store on your phone or tablet, in the search box, type in “Microsoft Teams”. Tap to download.



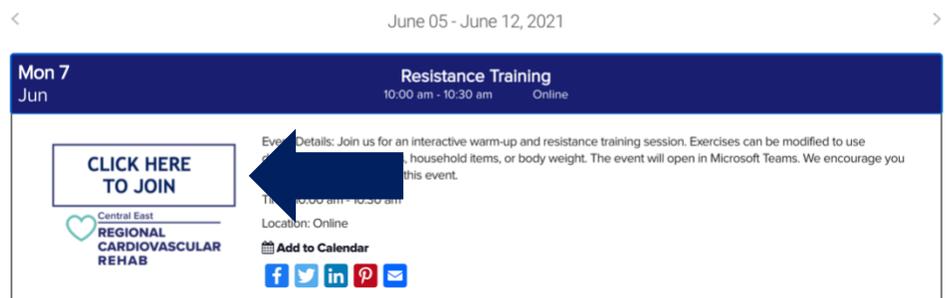
Once the application is downloaded to your phone or tablet, you do not need to sign up to create an account.

2. On the date and time of the event you would like to join, visit our website gethearthealthy.ca/patient-education

3. Click the event you would like to join. A drop-down box will appear.

Calendar of Events

All events are free and open to the community. Join any event on a computer, laptop, tablet or smartphone, and turn on captions (available in multiple languages) to improve your experience. [Click here](#) to learn how to join a live event, or learn how to turn on captions by [watching this video](#).



4. Click the box “CLICK HERE TO JOIN”. The Teams app will open on your phone/tablet.

6. Enter your first name or initials, as you would like it to appear to others, and click Join now.

