

Greetings CAAHU members!

Message from our President:



Please come and join us for our next in-person meeting. Your presence and your ideas are very important, so come and re-connect with friends and colleagues. If possible, try and respond this week so that we can plan lunch accordingly.

Sincerely, Don

We hope that this invite finds you well – hard to believe 4th QUARTER IS HERE!

For those who were able to make it to the September meeting, we thank you, it was a great turnout! For those who were unable, we hope you can attend October's as we are eager to for you to join us at our regular monthly get togethers. We are scheduling a lunch meeting and invite you to join us either in person or virtually – your choice. However, if you **join us in person, lunch will be provided, thanks to our generous sponsors – CHP** 😊

Our program will include -- an educational session with CE Credit:

The CE will be done by Miriam Watkins, CE title is: Reducing Healthcare Costs with Yoga and Meditation. It's a 1 hour course. And, with Miriam, we can be assured that it will be fun!!

When: Thursday October 20, 2022 -- 12:00pm

Where: In Person Option: Capital Health Plan - CHP

1264 Metropolitan Blvd., Tallahassee, FL 32312 – 3rd. Floor

(must wear a mask coming into the building - 1st floor, clinical space – optional on the 3rd floor)

Webex Option:

When it's time, join the Webex meeting here.

Occurs the third Thursday of every month effective Thursday, October 20, 2022 from 12:00 PM to 2:00 PM Eastern Time (US & Canada)

12:00 PM | (UTC-04:00) Eastern Time (US & Canada) | 2 hrs

[Join meeting \[caphealth.webex.com\]](https://caphealth.webex.com/join)

More ways to join:

Join from the meeting link

<https://caphealth.webex.com/caphealth/j.php?MTID=mb949efc5eb03edc58254af9a3bfd4ebb>

Join by meeting number

Meeting number (access code): 2319 936 5030

Meeting password: eEw7Uj5Dna9

Tap to join from a mobile device (attendees only)

[+1-650-479-3208](tel:+16504793208), [23199365030##](tel:+123199365030) Call-in toll number (US/Canada)

Join by phone

1-650-479-3208 Call-in toll number (US/Canada)

Need help? Go to <https://help.webex.com> [help.webex.com]

Join from a video system or application

Dial [23199365030@caphealth.webex.com](tel:23199365030)

You can also dial 173.243.2.68 and enter your meeting number.

We are looking forward to having you join us. *Please go ahead and secure your calendars to join us each month, every 3rd Thursday* – same time, same location! New information, CE credits, networking, sharing best practices and more....

Please accept this invite and let me know if you plan on attending in person or virtually. By offering the virtual option, we hope that members outside of the Tallahassee area will be able to join in the meeting discussion.

Stay safe and best regards,
Barb

Barb Brown, Secretary

<http://www.capitalareaahu.org>