



# Apple Health app and Apple Watch Classes

Date	Topic
<b>Thursday, September 12</b> 9:00 am - 2:30 pm <b>Cultural Center Upper Level</b>	<b>Willow Valley Health and Fitness Expo</b>  See you there!
<b>Monday, September 16</b> 10:00 am - 11:30 am <b>Cultural Center Education Room</b>	<b>Apple Health app</b>  Register using Event Registration
<b>Wednesday, September 18</b> 10:00 am - 11:30 am <b>Cultural Center Conference Room</b>	<b>How to Use an Apple Watch: A Beginner's Guide</b> <i>Repeat session offered Monday, September 23</i>  Register using Event Registration (ERS)
<b>Monday, September 23</b> 10:00 am - 11:30 am <b>Cultural Center Conference Room</b>	<b>How to Use an Apple Watch: A Beginner's Guide</b> <i>Repeat of September 18 workshop</i>  Register using Event Registration (ERS)
<b>Thursday, September 26</b> 1:00 pm - 2:30 pm <b>Cultural Center Conference Room</b>	<b>Apple Health app   Apple Watch</b> <i>Repeat session offered Monday, September 30</i>  Register using Event Registration (ERS)
<b>Monday, September 30</b> 10:00 am - 11:30 am <b>Cultural Center Conference Room</b>	<b>Apple Health app   Apple Watch</b> <i>Repeat of September 26 workshop</i>  Register using Event Registration (ERS)
<b>Thursday, October 3</b> 10:00 am - 11:30 am <b>Cultural Center Conference Room</b>	<b>Apple Watch Activity app   iPhone Fitness app</b> <i>Repeat session offered Wednesday, October 9</i>  Register using Event Registration (ERS)
<b>Wednesday, October 9</b> 10:00 am - 11:30 am <b>Cultural Center Conference Room</b>	<b>Apple Watch Activity app   iPhone Fitness app</b> <i>Repeat of October 3 workshop</i>  Register using Event Registration (ERS)