

VIRTUAL WELLNESS BEST PRACTICES

Below are best practices for your virtual wellness experiences!

DOWNLOAD ZOOM

Download Zoom via your computer or phone ahead of time.

WHEN TO JOIN

Join session by clicking provided link(s) a few minutes before session start time.

WHAT DEVICE TO USE

If you are joining from your computer, click "Join With Computer Audio."

If you are joining from your phone, click "Call Using Internet Audio"

ETIQUETTE

MUTE your audio when entering session.

VIDEO ON is highly encouraged but not mandatory. We encourage you to turn on your video for social connection and engagement.



MARINO WELLNESS