

Sign Up for Urban Zen Class

Step 1: Log in to Wellness Portal

Go to: portal.wellnessconceptslive.com

Yes

Is this your first time logging in?

No



Login **Username:** Employee ID#

Password **Password:** welcome

Change your password. Old Password is welcome.
Create a new password and click *Submit*.

Change your password

Old Password

New Password

Confirm New Password

Login **Username:** Employee ID#

Password **Password:** Your personal password

Forgot your password?
Click on the link titled "Forgot Your Password?" and follow the instructions. **Enter in your CCS email.**

[Forgot your password?](#)

Login

Read the waivers if prompted

Scroll down and read through the waivers. To consent, check the box at the bottom of the page and click *Save*.

I want to participate in this cooking demo/nutrition presentation. I recognize that it could present potential hazards including allergic reactions and other injuries as a result of activities, products and equipment used. By participating in this cooking demo/nutrition presentation, I for myself, my heirs, personal representatives do hereby release and covenant not to sue ALYFE from any and all damages, causes of action, claims and liability that might arise from my participation in this activity.

By checking this box, I am verifying that I have read and agree to the terms and conditions of both the BWC and Alyfe waivers. I understand that this pertains to my participation in onsite CCS Wellness programming.

Save

Follow the prompts to complete

You are now logged on to the Wellness Portal.
Continue to next page to register for the session(s).

Sign Up for Urban Zen Class

Step 2: Register for the session(s)

(1) After logging in, scroll down. Under RECOMMENDATIONS, click on **Urban Zen Integrative Therapy**.

RECOMMENDATIONS

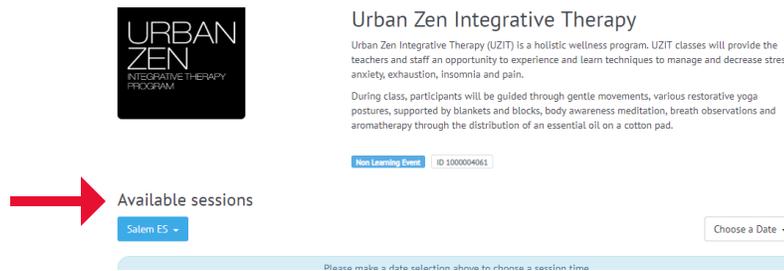


Urban Zen Integrative Therapy

Urban Zen Integrative Therapy (UZIT) is a holistic wellness program. UZIT classes will provide the teachers and staff an opportunity to experience and learn techniques to manage and decrease stress, anxiety, exhaustion, insomnia and pain.

During class, participants will be guided through gentle movements,

(2) Under Available sessions click on the **location** from drop down menu.



Urban Zen Integrative Therapy

Urban Zen Integrative Therapy (UZIT) is a holistic wellness program. UZIT classes will provide the teachers and staff an opportunity to experience and learn techniques to manage and decrease stress, anxiety, exhaustion, insomnia and pain.

During class, participants will be guided through gentle movements, various restorative yoga postures, supported by blankets and blocks, body awareness meditation, breath observations and aromatherapy through the distribution of an essential oil on a cotton pad.

Non Learning Event ID 1000004061

Available sessions

Salem ES ▾ Choose a Date ▾

Please make a date selection above to choose a session time.

(3) Click **Choose a Date**. Choose the date you would like to register for.



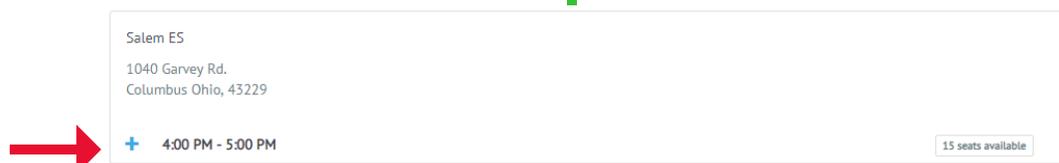
Salem ES ▾ Choose a Date ▾

Please make a date selection above to choose a session time.

Powered by KMI LMS

- Sep 26, 2019
- Oct 3, 2019
- Oct 10, 2019
- Oct 17, 2019
- Oct 24, 2019
- Oct 31, 2019

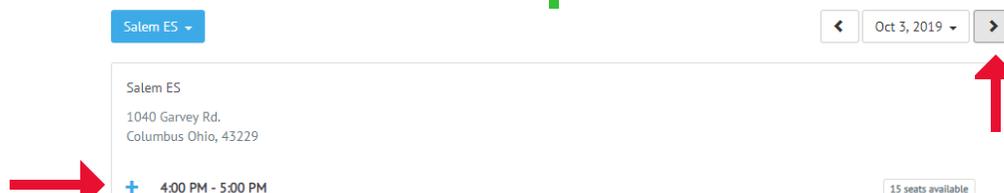
(4) Click on the blue **(+)** next to the time of the session. You are now registered for the session!



Salem ES
1040 Garvey Rd.
Columbus Ohio, 43229

+ 4:00 PM - 5:00 PM 15 seats available

(5) To register for addition classes, click the arrows to choose the next date. Click on the blue **(+)** next to the time of the session.



Salem ES ▾ < Oct 3, 2019 ▾ >

Salem ES
1040 Garvey Rd.
Columbus Ohio, 43229

+ 4:00 PM - 5:00 PM 15 seats available

To cancel your registration, click on the red X next to the session time.