Signing up for a workshop

Locating workshops on the homepage:

1. Workshops are accessible under **Wellness Workshops** in the top navigation bar by clicking on **Signup for a Wellness Workshop**
2. Take a Workshop is the second step in the **Start Here** widget
3. Wellness workshops are linked to in the image slider*
4. There is a wellness workshops promo spot in the left-hand column of the homepage

*Recommended
To Enroll in a Workshop

How to Signup:

1. Select the wellness workshop title you would like to enroll in under Add and then click Signup
2. To begin your workshop click the workshop title when it appears under active
3. If Signup is grayed out it means that you are active in another workshop and you must instead click on Add to Queue
4. The queued workshop will become active after the completion of the active workshop*

*You can put as many workshops in your queue as you would like, they will become active one at a time in the order you selected them