



Stowe Weekend of Hope

Welcome to the Virtual Stowe Weekend of Hope! We are very excited that many of our presenters have offered to provide their talks live or recorded, and we want to make sure you have all of the tools needed to take advantage of what we have to offer. This will serve as a brief tutorial.

We are offering sessions via Zoom, Facebook Live, and YouTube. Zoom and YouTube will be live and recorded so you can watch later; Facebook Live will only be offered at the time printed in the schedule.

On all scheduled events there will be a title, name of instructor(s), and location of access/virtual platform in the following format: Title / Name of instructors / Location of access

In advance of the Weekend, you should make sure you have a Zoom account (free at www.zoom.us), know how to access Facebook Live, and are comfortable navigating YouTube.

If you have any questions you can reach out to: help@stowehope.org

[Zoom Etiquette:](#)

[How to follow Zoom links:](#)

[How to follow Facebook live links:](#)

[Accessing YouTube Videos:](#)

→Zoom Etiquette:

1. Please stay on **mute** throughout the workshop, **unless** the presenter asks you to **unmute** yourself. If all attendees are on mute, it eliminates background sounds that might otherwise compete with the presentation.
2. If you wish to speak, please **raise your hand** until the presenter asks you to unmute yourself. If you have a comment for the group you can share it through the "chat" button at the bottom of the screen.

→How to follow Zoom links:

1. Once you have found an event you would like to attend, check the last area of the title line to verify it is being provided through Zoom.

V. Gentle Flow Yoga / Rachel Lacourciere / Zoom

A great place for beginners as well as those looking to slow down their yoga practice. This class is designed to accommodate all beginners - utilizing blocks, blankets and straps to find a stretch that is beneficial to all.

2. Next, the meeting information will be provided below. Please click on the link to begin joining the Zoom meeting.

V. Gentle Flow Yoga / Rachel Lacourciere / Zoom

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Available live on Zoom at:

<https://us04web.zoom.us/j/733120269?pwd=aWRjMlBxVnhHQ2pVTDR0enVoVzFkdz09>

Meeting ID: 733 120 269

Password: 454406

One tap mobile

+19292056099,,733120269#,,#454406# US (New York)

+13126266799,,733120269#,,#454406# US (Chicago)

Dial by your location

+1 929 205 6099 US (New York)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

Meeting ID: 733 120 269

Password: 454406

Find your local number: <https://us04web.zoom.us/jfnKGah7qe>

3. If Zoom is already installed on your computer, it may ask you to allow it to run. Select Accept to open the program.
4. If you do not have Zoom installed, after following the link you may be presented with this page:



If nothing prompts from browser, [download & run Zoom](#).

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Privacy & Legal Policies

5. If your browser does not launch Zoom, please click on “Download & run Zoom” to install the application.
6. After this you may be asked to create an account, please do so.
7. If Zoom does not connect to the meeting after these steps, enter the meeting ID found under the link on the schedule under “Join” in the Zoom application. If only a phone number is given, input the phone number under the “join” option in the Zoom menu.

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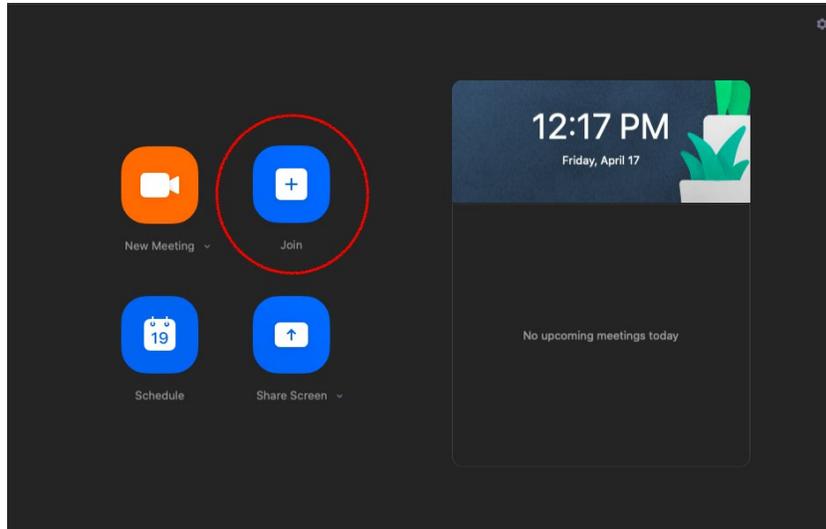
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Password: 454406

Find your local number: <https://us04web.zoom.us/j/fnKGah7qe>



8. Once the meeting ID is entered, you may be asked to provide a password to enter the meeting, this is found just below the Meeting ID.
9. **If these options do not work, or you do not have access to a computer or internet connection, please reference the phone options provided under “Dial by your location”.**

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Password: 454406

Find your local number: <https://us04web.zoom.us/j/fnKGah7pe>

10. Dial the number associated with the closest area to your current location.
(Calling from Massachusetts -> Dial New York number)

If you are facing any more problems, follow the link below for further step-by-step instructions. <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

→ How to follow Facebook live links:

1. Once you have found an event you would like to attend, check the last area of the title line to verify it is being provided through Facebook.

10:00 a.m. - 12:00 p.m. / Healing Sanctuary / Rae Carter / Facebook and Zoom

Soft music, chakra healing support, self massage techniques, distance Reiki, and meditations will be offered. You are invited to share a prayer or ask questions about alternative healing practices. This is a quiet space to experience healing energy online and share conversations about mind/body/spirit healing. Facilitated by cancer survivor Rae Carter of EmpowR with offerings by cancer survivor Geri Ann Higgins of Fully Present and Hannah Rohloff of Tessera Massage. Join in for the whole time or just drop in as works for you.

Available on Facebook at:

<https://www.facebook.com/RaeCarterEmpowR>

2. Next, click on the link provided to be sent to the live video during the stated time.

10:00 a.m. - 12:00 p.m. / Healing Sanctuary / Rae Carter / Facebook and Zoom

Soft music, chakra healing support, self massage techniques, distance Reiki, and meditations will be offered. You are invited to share a prayer or ask questions about alternative healing practices. This is a quiet space to experience healing energy online and share conversations about mind/body/spirit healing. Facilitated by cancer survivor Rae Carter of EmpowR with offerings by cancer survivor Geri Ann Higgins of Fully Present and Hannah Rohloff of Tessera Massage. Join in for the whole time or just drop in as works for you.

Available on Facebook at:

<https://www.facebook.com/RaeCarterEmpowR>

3. You may be required to sign in to your Facebook profile if the stream is not from a public page.
4. If the link provided does not take you directly to the live video, check the link below for further instructions concerning mobile and desktop access.
<https://www.wikihow.com/Watch-Facebook-Live-Video-Broadcasts>

→ Accessing YouTube Videos:

1. Look at the workshop's info line and check that it is being provided through YouTube.

Balancing the Risks and Benefits of Cancer Immunotherapy / Dr. Ryan Sullivan / **YouTube**

I will review the rapid development of cancer immunotherapy from folklore to the standard of care for many tumor types. However, with the excitement of new and potentially curative therapies have come new sets of side effects that require specialized approaches to effectively treat.

2. A link will be provided below the information on the workshop. By clicking the link, it will open a window in YouTube with the video.

Your Empowered Wellness Journey / Teresa Huggins / **YouTube**

I want participants to leave with strategies that they can implement in their life, like understanding the power of guided imagery, meditation, movement, and solution-focused mindset. I will help participants transform fear into faith, doubt into confidence and provide them with empowering communication strategies. The workshop will be interactive, while providing inspiration and insight. We will be using different learning modalities including art, music, movement and conversation.

Pre-recorded and accessible on YouTube for viewing at any time:

<https://www.youtube.com/watch?v=u1rpdULjtco&t=178s>

3. Once the window opens, press the **Play** button to begin the video. You can also press the **Full Screen** button to make the video larger.

☰ YouTube

Search



Stowe Weekend of Hope: Lifestyle Changes to Reduce the Risk of Cancer