



HEALTH TO YOU!

New Class Series

at Capital Regional Medical Center

FREE to Members!



2626 Capital Medical Blvd.
Tallahassee, Florida 32308
(850) 325-5177



February Classes

All classes are held in the
**Capital Regional Medical
Office Building**
next door to the hospital
located at 2626 Care Drive

**Call the H2U Office to
register at 325-5177.**

Questions About Classes?
Need help choosing the
right class? Instructor
Deanna Ramsey will be
happy to answer your
questions about any
scheduled class. You may
contact her at
(850) 668-1418.

The H2U Chapter at Capital Regional Medical Center is now offering a FREE Class Series to its members! Join us each month to learn more about topics such as Scrapbooking, Floral Design, Photography, Social Networking, Online Dating, Genealogy, Writing Your Memoirs, Using A Cell Phone or GPS, Learning to Skype and much more! Not a H2U member? Join us for annual membership fee of \$20 to take advantage of this NEW Class series.

Monday, February 6 from 1:30 - 4:00 p.m. in the Computer Training Center

Microsoft Word: Getting Started

In this class you will learn to create, edit, save and print documents in Microsoft Word. Discover features such as: Spelling & Grammar, Auto Correct/Text, Find/Replace, etc.

Monday, February 13 from 1:30 - 4:00 p.m. in the Computer Training Center

Computer Basics: Email

Create an email account using Google or Yahoo (or use an existing one), learn to send and reply to messages, attach files and download attachments.

Monday, February 20 from 1:30 - 4:00 p.m. in the Computer Training Center

Digital Photography : Understanding Camera Basics

In this class you will learn a basic understanding of a digital camera from operating tips to maintenance and take a walk-a-bout to practice! Students will need to bring their digital camera and USB cord to class.

Monday, February 27 from 1:30 - 4:00 p.m. in the Computer Training Center

Digital Photography : Download and Organize Your Photos

Learn how to download pictures from your camera and save them on your computer then organize them into folders. Students will need to bring their digital camera and USB cord to class.