

USER GUIDE

Fountain of Health – Registration page

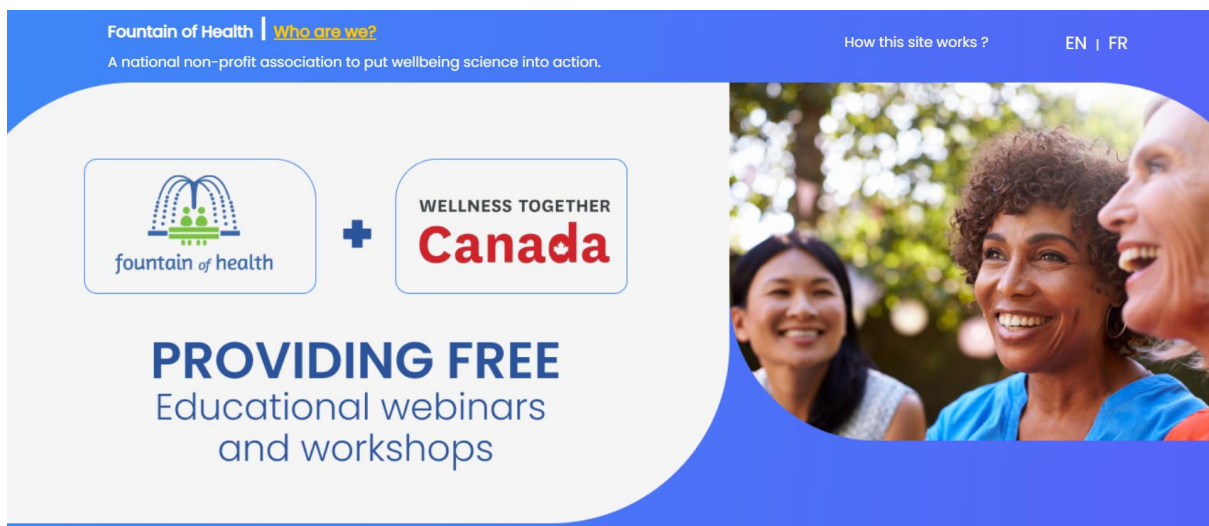
This user guide will walk you through the steps to register for the Fountain of Health's Workshop. Please follow the instructions below:

Step 1:

- Open your preferred web browser and enter the following URL:
- www.fohwtc.ca
- The Fountain of Health website will launch, and you will land on the homepage.

Language Selection

- In the header section (top right corner of the page), choose the language that suits you.
- For English, click on "EN".
- For French, click on "FR".




The screenshot shows the top portion of the website. The header is blue with white text. On the left, it says "Fountain of Health | [Who are we?](#)" and "A national non-profit association to put wellbeing science into action." On the right, it says "How this site works?" and "EN | FR". Below the header, there is a white rounded rectangle containing the Fountain of Health logo (a stylized fountain with three people) and the text "fountain of health". To the right of this is a blue plus sign and the "WELLNESS TOGETHER Canada" logo. Below these logos, the text reads "PROVIDING FREE Educational webinars and workshops". To the right of the white box is a circular image of three diverse women smiling.

Step 2: Course Registration

- Scroll down to the Course Registration section.
- Locate the "Optimal Aging Workshop" course.
- Click on the "Register Now!" button below the course column.

Upcoming Webinars and Workshops





1 HOUR FREE

The Art and Science of Aging Well
Upcoming Webinar for Everyone

The Art & Science of Aging Well webinar should be taken before the Optimal Aging Workshop series.

In this 1-hour educational webinar you will learn about the science of optimal aging and THRIVE (c) Approach to Wellbeing. You will also discover if the 4-week Optimal Aging Workshop is right for you.

 Register NOW!




4-WEEK WORKSHOP EDUCATIONAL SERIES FREE

Optimal Aging Workshop Series
Workshop Series for Adults Mid-Life +

The Optimal Aging Workshop is a 4-week educational series (1.5 hours/ week) for those mid-life or older. If you attended The Art and Science of Aging Well webinar & are ready to work on a health goal to improve your outlook and wellbeing, then the 4-week Optimal Aging Workshop is for you!

The Optimal Aging Workshop series can improve your outlook, wellbeing and health behaviours.

 Register NOW!

Step 3: Course Details and Time Selection

- You will be directed to the Course details page.
- Choose the preferred time for the workshop based on your convenience.
- Click on the "Sign up" button.

Please sign up for your course



Optimal Aging Workshop 4-Week Workshop Series for Adults Mid-Life & Older (after completing The Art & Science of Aging Well)			4-week workshop (1.5-2h/week)
COURSE DETAILS	LANGUAGE	DURATION	TIME
Course: Optimal Aging Co-facilitators: Drs. L Gobessi and M. Dow	EN	1.5 Hour FREE	Tuesday 8th Aug from 12 – 1:30 PM EST
		1.5 Hour FREE	Tuesday 15th Aug from 12 – 1:30 PM EST
		1.5 Hour FREE	Tuesday 22nd Aug from 12 – 1:30 PM EST
		1.5 Hour FREE	Tuesday 29th Aug from 12 – 1:30 PM EST

Sign Up

Step 4: Fill in Your Information

- You have now completed the course selection (you will see a tick above the text).
- Proceed to fill in your information in the provided form.

Please fill in your details to register for this webinar.



Wellness Together Canada and Fountain of Health: Optimal Aging Workshop Series | Webinar

Course Timings: Tuesday 8th Aug from 12 - 1:30 PM EST, Tuesday 15th Aug from 12 - 1:30 PM EST, Tuesday 22nd Aug from 12 - 1:30 PM EST, Tuesday 29th Aug from 12 - 1:30 PM EST

Profile Details

Name*

First Name

Last Name

- Once you have filled in all the required information, ensure you fill in all the mandatory fields indicated by the "*" symbol.
- Click the "Next" button at the bottom of the page.

Where are you currently living?

-None-

Please indicate any assistance you may require to participate in this webinar.

This is my first group session with Fountain of Health?

Yes No

- I have read and agree to the [terms of service](#)
- I have read and agree to the [participation guidelines](#)
- I have read and agree to the [privacy policy](#)
- I would like to receive further information from the Fountain of Health, including details about workshops & webinars.

NEXT

Step 5: Confirmation Page

- By clicking "Next," you have completed the information filling step.
- You will now be on the Confirmation page.
- If you are satisfied with the provided information, click on "I CONFIRM" to complete the registration process.
- If you need to make any changes, click on "CANCEL" to return to the form page.

Please confirm that you would like to sign up for this webinar.

Optimal Aging Workshop Series

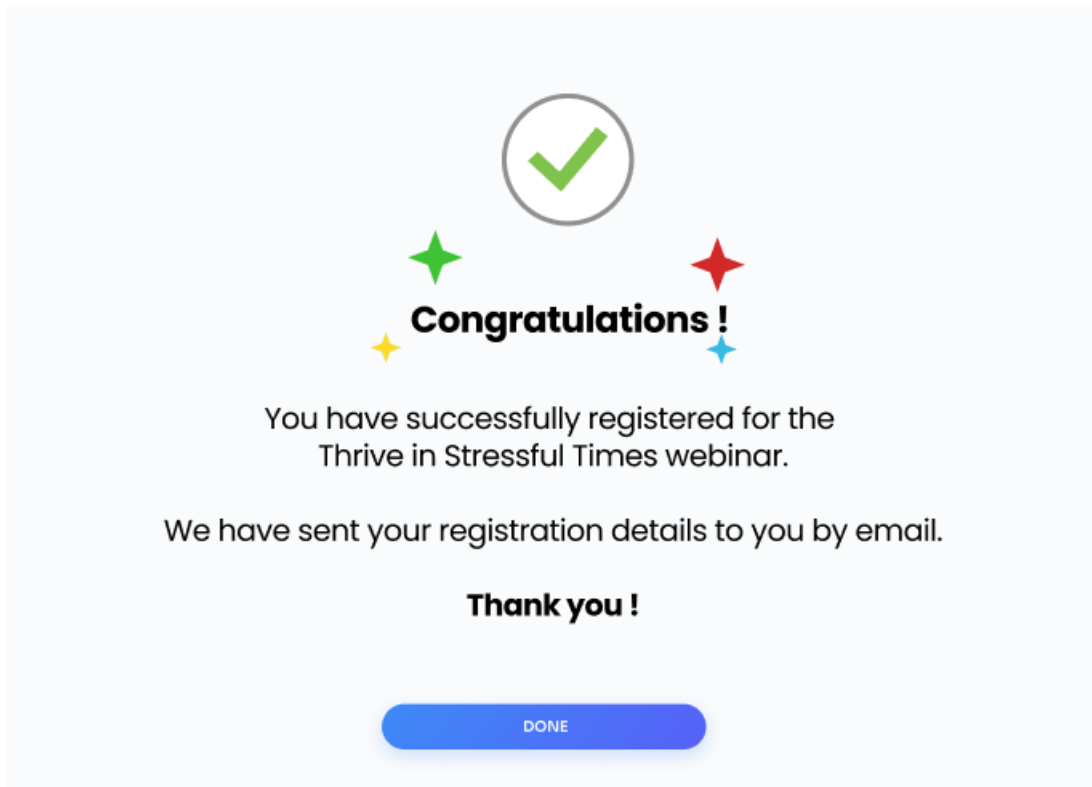


CANCEL

I CONFIRM

Step 6: Registration Confirmation

- Clicking "I CONFIRM" will complete your registration, and you will see a confirmation message.
- Click the "DONE" button below the congratulatory message.
- You will be redirected to the homepage of the Registration page.



Congratulations! You have successfully registered for the Optimal Aging Workshop at Fountain of Health.