**Telehealth Class Expectations**

* **Be on time**
* **Try to find a good signal area before you join the class.**
* **Sit and face the camera, remain seated during the class**
* **Be in a private location where you do not have any distractions and cannot be overheard**
* **Conduct yourself as you would in a face to face class.**
* **Put your microphone on mute when not talking to reduce feedback and background noises**
* **If you are in your car during the group, do not drive and make sure you are alone in your car.**
* **Take this class seriously**
* **Be patient with the delays in responses which are normal in telehealth** video chat.