

Zoom Video Conferencing

Welcome!

Zoom video conferencing provides a way for members of the San Diego Central County Parkinson's Support Group to participate in activities like our monthly support group sessions, Speakers' Series and Board meetings.

To participate in any of the above activities via Zoom, one must be invited by the video conference host, usually this will be the SDCCPSG President, Nancy Floodberg. The host will provide you with a link to the event.

Before you can access the link to a Zoom event, you will need to create a Zoom account, download the software and install the program. The Zoom account is free and the installation of the software straightforward. Please note that the free account will only allow you to 'join' a meeting - not 'host' one. The SDCCPSG website has a link to Zoom on the first page, or you may go to <https://zoom.us> and click on the blue 'Sign up, it's free' button on the top right-hand corner of the page.

If you have questions, you may go to <https://support.zoom.us> and browse the various help options and videos there. Part of the way down the page you will see a series of one minute instructional videos, you might click on the 'Join a Meeting' video to get a better idea of what you will see as you set up your computer to join your first Zoom video conference. It is recommended you set up your Zoom account before the day of the meeting you wish to join so as not to miss any part of the meeting due to 'technical difficulties'. In addition, support group participant and retired educator, Patsy Manning, has offered to help anyone who would like additional support. Please email her at: patsymm@gmail.com.