



In-Person Good Life Common Q&As Script

What is The Good Life?

The Good Life's mission is to provide multigenerational health-centered support for Black and Latin American families through free online exercise, nutrition and spiritual health classes. The Good Life series is a nonprofit created by UC Davis School of Medicine, in partnership with the City of Oakland and sponsored by the California Department of Public Health.

Do I have to pay for the classes? No, all of our classes are free.

The Good Life is a nonprofit organization, and does accept donations. All donations are tax-deductible!

Do I have to be a certain age to join? No, The Good Life programs are open to all! Our programs are specially designed for ages 55+ but we want everyone to experience the Good Life no matter their age.

I am not very active, what if I'm unable to keep up? We have participants of all energy-levels. We offer a variety of classes from Pilates, which offers slower and smaller movements, to Cardio/Strength, that will get your heart rate up. We encourage you to try the classes you are interested in taking. If at any time you are unable to do an exercise, our instructors will happily provide modifications. At the end of every class, we have a question-and-answer segment, so you have the chance to ask the trainers for more modifications or any other questions that may arise during the class.

Why should I join The Good Life? The Good Life is a free public service program that gives you access to personable healthcare professionals and wellness information while being a part of a like-minded community all from the privacy and convenience of your home.

I am not very technically-savvy. What if I have issues getting into the classes? Feel free to call 510-306-2584 or email us info@thegoodlifepath.org so we can help troubleshoot your technical issues.

How do I register for classes? / Where can I find a list of classes? You can register for classes and see a full list of our offerings on our website at thegoodlifepath.org.

How long am I registered for classes? When you register for classes, you are signed up for 3 months at a time. Every 3 months you will need to re-register for classes to continue.

Once I register, how do I get in the classes? After you register, you will receive an enrollment confirmation email with your class access for the next 3 months.

There are 3 ways to access your classes:

1. You can get into the classes by opening your enrollment confirmation email and selecting the "JOIN ZOOM" button next to the date of the class.
2. You will receive a daily reminder email 3 hours before the class. Open this email and click on the "JOIN ZOOM" button for that day.
3. When you register, you can create a Good Life Account. You can access your account at thegoodlifepath.org/account. Using your Good Life Account allows you to see all of the classes/events that you have enrolled in, access the direct link to attend the class, healthy aging resources and more!

What do I need to join these classes? You need internet access and to download the latest version of Zoom on your device. All of our classes take place LIVE on Zoom.

Since the classes are live, what if I miss a class? All of our classes are recorded. If you want to see previous classes, you can see them on our website at thegoodlifepath.org/videos, our YouTube Channel at [@thegoodlife7206](https://www.youtube.com/@thegoodlife7206) and on our Facebook page at [facebook.com/thegoodlifehealthyaging](https://www.facebook.com/thegoodlifehealthyaging).

What makes The Good Life special? In addition to exercise, cooking and spiritual health classes, The Good Life provides a once-a-month **Mind, Body & Spirit** series that offers you opportunities to learn about a variety of health topics from doctors and leading healthcare specialists on subjects like Heart Health, Medicare, the Importance of Sleep, Gut Health, and much more!

Where can I follow The Good Life on social media?

Facebook - @thegoodlifehealthyaging

Instagram - @thegoodlifepath

YouTube - [@thegoodlife7206](#)