



Tai Chi for Arthritis and Fall Prevention

Email Templates for Workshops

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INITIAL CALL TO PARTICIPANTS

Your class is scheduled and participants are registered. Now you must contact each one and gather pertinent information to move forward with a virtual workshop.

General information to collect

- First and last name
- Address
- Phone number (you already have it!)
- Email address—it is very important to get the correct email address so that you will be able to email pertinent class information as described below

Points to discuss with, ask of participants on the initial call

- **Inform participants that they will receive an email with the following:**
 - Workshop code
 - Link to IL Pathways to access workshop forms
 - Step-by-step guidance to complete and submit forms
 - Instructions to access virtual workshop platform
 - Virtual workshop registration link
- **Ask participants the following questions to help with technical assistance:**
 - What type of technology will you use to access the virtual workshop i.e. computer, tablet or smartphone
 - Do you have internet access
 - Do you have sufficient bandwidth support
 - Have you ever used a video/virtual platform such as Zoom, Skype, etc.
- **(If applicable) Inform participants that the technical assistant (TA) will contact them 2 or 3 days before the start of the workshop to:**
 - Ensure they are able to access the virtual workshop platform
 - Explain how to access IL Pathways and necessary forms to complete
 - Refer to step-by-step guide to help complete and submit paperwork
 - Offer to complete the paperwork for them by phone if they are still struggling
- **If you do not have a technical assistant, provide the participants with your information to call you if they are having difficulty accessing Zoom.**
- **Tell participants they will receive a reminder email with the link to the virtual workshop one day before it begins**

INITIAL EMAIL TO PARTICIPANTS

Subject: Zoom Tai Chi for Arthritis Workshop

Greetings!

Thank you for your interest in the Tai Chi for Arthritis Workshop; I am happy you wish to participate! Please find below important workshop forms through the Illinois Pathways to Health website that we would like you to complete. Listed below is also your Participant Identification Number (ID#) and Workshop Code. Please include this information on workshop forms where requested.

Participant ID#: First 2 letters of First Name and First 2 Letters of Last Name

Workshop Code:

Workshop Forms

Click on the links below to access forms and submit them where requested. Don't forget to include your Participant ID# and Workshop Code!

- Media Photo Release Form: <https://bit.ly/AOMediaRelease> please fill out and submit
- Participant Information Pre-Survey: <https://bit.ly/TaiChiPreSurvey> please fill out and submit

Zoom Workshop Link

Click on the link below to access the Zoom workshop each week. Please try to access the meeting 15 minutes before the start of the workshop.

- Link to access the workshop: Zoom Link
- The workshop will meet on Day, Date through Date
- Time

Once again, I am happy you wish to participate in the virtual Tai Chi for Arthritis. Feel free to reach out to me if you have any questions.

SESSION ONE WORKSHOP REMINDER

Here is an email template to remind participants of the workshop to be sent the day before Session 1. Customize the email with detailed workshop information in the areas highlighted in yellow.

Make sure to include the Participant ID# and Workshop Code that you will receive from AgeOptions!

Subject: Zoom Tai Chi for Arthritis Workshop

Hello!

Just a friendly reminder that tomorrow is the first session for the Tai Chi for Arthritis Workshop. Please click on the link below to access the Zoom workshop each week. Please try to access the meeting 15 minutes before the start of the workshop.

- Zoom link to access the workshop: **Zoom Link**
- The workshop will meet on **Day, Date through Date**
- **Time**

Workshop Forms

Subject: Zoom Tai Chi for Arthritis Workshop

Greetings!

Thank you for your interest in the Tai Chi for Arthritis Workshop; I am happy you wish to participate! Please find below important workshop forms through the Illinois Pathways to Health website that we would like you to complete. Listed below is also your Participant Identification Number (ID#) and Workshop Code. Please include this information on workshop forms where requested.

Participant ID#: **First 2 letters of First Name and First 2 Letters of Last Name**

Workshop Code:

Workshop Forms

Click on the links below to access forms and submit them where requested. Don't forget to include your Participant ID# and Workshop Code!

- Media Photo Release Form: <https://bit.ly/AOMediaRelease> *please fill out and submit*
- Participant Information Pre-Survey: <https://bit.ly/TaiChiPreSurvey> *please fill out and submit*

Zoom Workshop Link

Click on the link below to access the Zoom workshop each week. Please try to access the meeting 15 minutes before the start of the workshop.

- Link to access the workshop: **Zoom Link**
- The workshop will meet on **Day, Date through Date**
- **Time**

Once again, I am happy you wish to participate in the virtual Tai Chi for Arthritis. Feel free to reach out to me if you have any questions.

I look forward to seeing you tomorrow!

WEEKLY WORKSHOP REMINDER

Below is an email template to participants as a weekly reminder of the Zoom workshop. Areas highlighted in yellow are for you to customize the email with detailed information pertinent to your workshop. Send this email either the day before or day of your scheduled virtual workshop.

Subject: Zoom Link for Tai Chi for Arthritis Workshop

Greetings,

Please click on the link below to access the Zoom Tai Chi for Arthritis Workshop each week. Please try to access the meeting 15 minutes prior to the workshop start time.

The workshop is scheduled for **Day, Date through Date**
Time

Click on this link to access the class: **Zoom Meeting Link**

Please contact **Technical Assistant** if you are having difficulty at **Phone Number**.

Thank you and I look forward to seeing you soon!

FINAL THANK YOU EMAIL

Send a thank you email to participants within two days of completing the virtual workshop. The template below acts as a reminder for participants to submit the post-survey as well as solicit feedback. The areas highlighted in yellow are for you to customize the email to your workshop.

Subject: Thank you for participating in the workshop!

Greetings,

You did it! Congratulations and thank you for participating in the virtual Tai Chi for Arthritis Workshop! I have enjoyed spending these past weeks with you by computer, tablet and smartphone; we hope that you, too, have enjoyed this new way of meeting. I also hope that the time you have spent with me has increased your confidence in preventing falls and physical activities. We ask that you please take the time to complete and submit the post workshop survey as your feedback is very important to me. Simply click on the link below to access the form. Don't forget to include your Participant ID# and Workshop Code!

Link to Post Survey: <https://bit.ly/TaiChiPostSurvey>

Participant ID#: ID# (First 2 letters of first name and 2 letters of last name)

Workshop Code:

If there are any thoughts you would like to share with me regarding the workshop, I would love to hear from you. If you do wish to communicate or express any views, please either write, call, or email me. Here is my contact information:

Name

Organization

Address

City, State, Zip

Phone number

Email

Once again, thank you for participating in the virtual workshop and good luck!

Best,