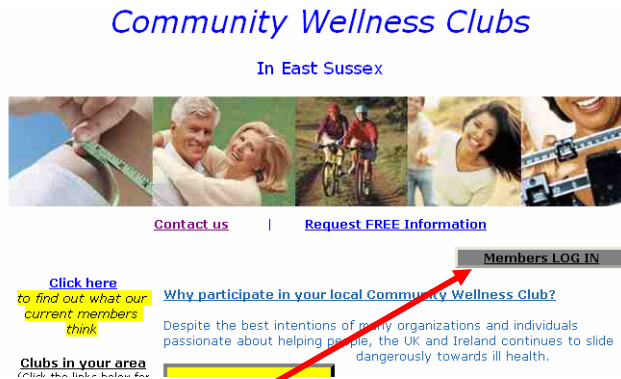


Instructions to access the website and weekly topics covered.
(For members only)

(1) Log onto www.community-wellnessclubs.co.uk

You will see this web page:



(2) Click on the 'Members LOG IN' button.

When prompted on the screen that appears next; enter the log in details you were given at your local wellness club. **You will need the Username and Password.**

You will then see the members web page as below:



(3) Click on the 'Weekly Topics' link to access the list of clubs. Then click on the link for your local club from the next screen that appears.



(4) When prompted on the screen that appears, enter the PIN CODE you were given at your local wellness club.

Congratulations! You now have access to the information covered at the last club meeting.