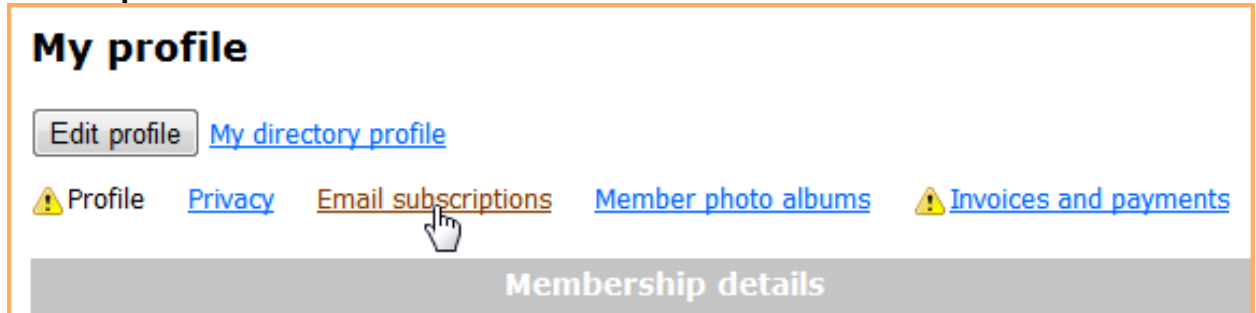


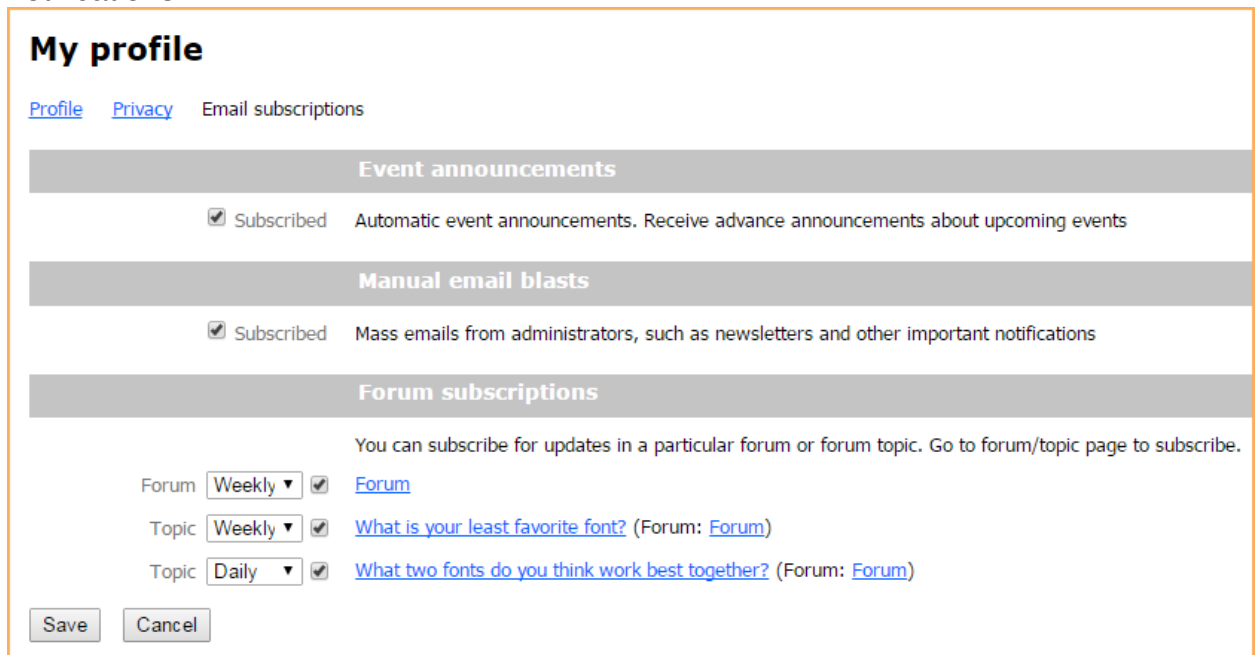
Changing Your Forum Subscription Settings

Please follow these steps:

1. First go to FCM homepage (floridamindfulness.org) and on main menu hover over community, then click Profile and Subscriptions,
2. Click the **Email subscriptions** link.



3. Click the **Edit profile** button.
4. In the **Forum subscriptions** section, members can unsubscribe their existing subscriptions and change the frequency of forum update notifications.



To unsubscribe to a forum or forum topic, members uncheck the checkbox beside the forum or topic name.

To change the frequency of the update notifications, members click the

dropdown and choose one of the following options:

Daily

A summary of forum updates for each day is sent the following day.

Weekly

A summary of forum updates for each week is sent on Sunday night/Monday morning.

Immediately

Notifications are sent immediately after an update is made (though the actual delivery could be delayed a few minutes or longer depending on the email server load).

5. Once finished making changes, the member clicks the **Save** button.