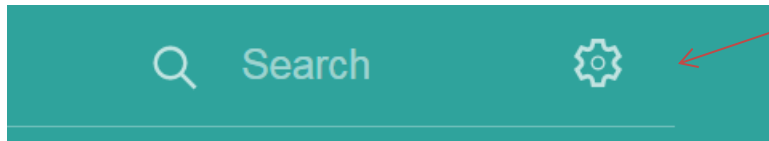


Nutrition Health Providers and Professionals

3 Steps to make sure you get important announcements and activity updates from this group!

Step #1: Find the little wheel on the top right of the group, and click it.



Step #2: Find the name of our group, and move it to the top of your group display by clicking on the order number or button on the left.

Order	Group Name	
1	Nutrition Health Providers and Professionals	Manager Settings Member Settings
2	Wellness and Integrative Health Providers Transformational Marketing Strategies	Manager Settings Member Settings

Step#3: Next click on [member settings](#) at the right.

Check the boxes, as below. The default setting may not be what you want. Of course, you can opt to receive only weekly frequency, but I hope you'll enjoy the group enough that you want to receive the daily digest, and participate in making this YOUR group!

Digest Email: Send me a digest of all activity in this group.
Note: Your email address will remain hidden from members of this group. Any changes to delivery frequency will take effect within a few days.

Delivery Frequency:

Announcements: Allow the group admins to send me an email once per week.

Member Messages: Allow members of this group to send me messages via LinkedIn.

Thanks again, and enjoy your group.

Warmly, Lynda Goldman, Group Manager

[Click here for a free road map: 7 Steps to Write a Health and Wellness Book](#)