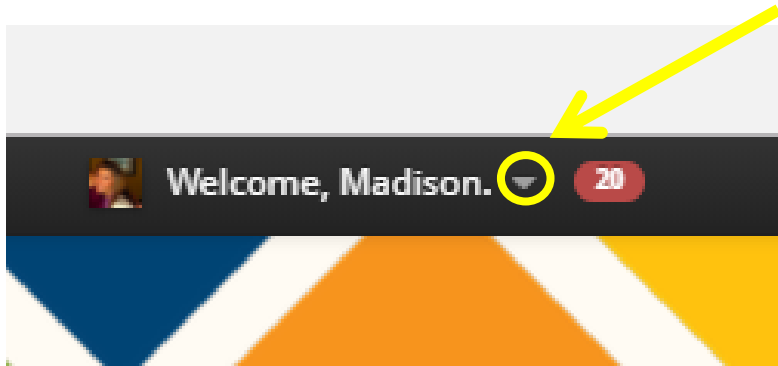
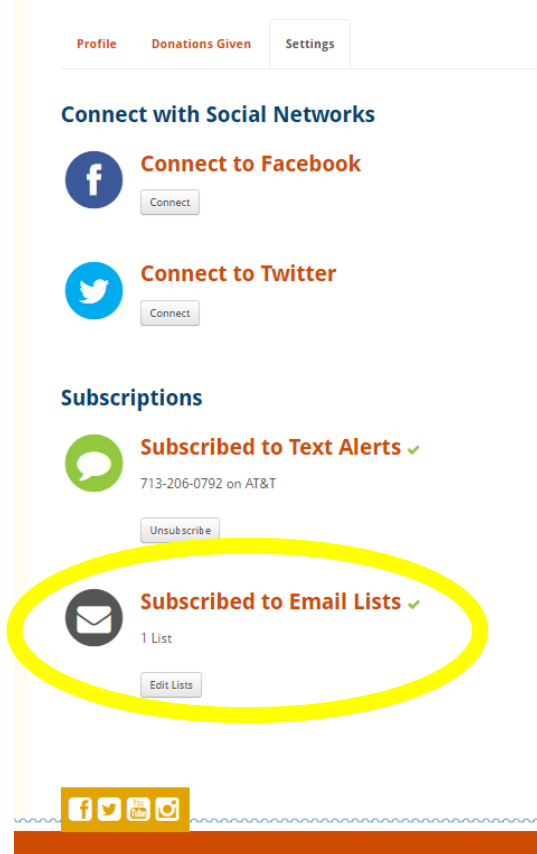


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1. Login to your Walk With Me account at www.walkwithmehouston.com
2. Select the drop down arrow in the top right corner of page next to "Welcome, *your name*". Select the **SETTINGS** tab.



3. You are now on your **SETTINGS** page. Scroll down until you see the subhead titled **SUBSCRIPTIONS**. Click **SUBSCRIBE** on the second option titled **Subscribe to Email Lists**.



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