

INSTRUCTIONS FOR PARTICIPATING in

Small Steps to Health and Wealth



Adobe Acrobat Pro Connect Meeting

When: Thursday April 9

Thursday April 23

Time: Noon – 1 PM each session

**Sponsors: Montana University System (MUS) Wellness Program
Montana State University Extension**

1. Several days before the meeting conduct a test to be sure that your computer is set up with the appropriate tools to participate in an Adobe Acrobat Pro Connect meeting. To do this, click on the Test Meeting Connection URL that is listed below:

http://extn-breeze.msu.montana.edu/common/help/en/support/meeting_test.htm

You will be told if there are any software programs that need to be downloaded (at no charge) to enable you to participate in a Pro Connect session. Most computers are already set up with the necessary programs. If you encounter problems during this process feel free to contact Kelsey Rozell at krozell@montana.edu or call 994-6348. We don't want you to miss the session because your computer isn't set up correctly.

2. Around 11:45 AM (prior to the session start time at noon) on Thursday April 9 and April 23, go to Adobe Acrobat Pro Connect by clicking on this URL:

<http://extn-breeze.msu.montana.edu/finance/>

3. You'll be connected to the Adobe Acrobat Connect Pro Meeting room. **Login as a GUEST.** (Please DO NOT login as a registered user.)
4. Then type in your FIRST and LAST name (Example: Marsha Goetting) in the field marked "GUEST."

Next click on the box that reads "ENTER". This allows Marsha and Lynn to see who is participating in the session.

5. If you are disconnected during the session don't be alarmed. Just log in again using the URL listed in #2 and rejoin the session.

AUDIO INFORMATION:

To access the AUDIO portion of the program, you will listen through your computer speakers with Voice-Over IP. Be sure your computer speakers are turned on.

If you don't hear music after you enter the Connect room, examine your speakers to be sure they are on and the volume is turned up.

You should also see a power point slide that says "Small Steps to Health and Wealth."

YOUR PRESENTORS:

Marsha Goetting, PhD, CFP, CFCS
MSU Extension Family Economics Specialist
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Lynn Paul, EdD, RD
MSU Extension Food/Nutrition Specialist
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