

How to Upload a Member Profile Photo:

So that we as members of FCM can get to know each other and practice together as a community, we encourage each member to post a **Member Profile Photo**. Recent, close-up head shots are preferable. By providing a photo, you are permitting FCM to publish your photo in *Mindfulness Matters*, and in the member directory on the FCM website, which is accessible only to FCM members.

Here are the Directions to upload your photo:

1. Go to our website, www.floridamindfulness.org/sys/profile and then **Log In**
2. Click "**Subscribe**" in top right, then "**Profile and Subscription**" on menu to left
3. Click the red box (on the left) to "**Edit Profile**"
4. Scroll down the page to "**Member Profile Photo**" (farther down than "Profile Pictures")
5. Click "**Choose File**" and select the photo you want to add from your desktop file. The picture will then appear on your profile.
6. Be sure to click "**Save**" at the bottom to finish.

(Please note that if you have a family membership, you must click on your name to edit your profile).

If you need technical help with adding your photo, FCM's mentor coordinator, member-coordinator@floridamindfulness.org, can help you. We appreciate all your efforts.