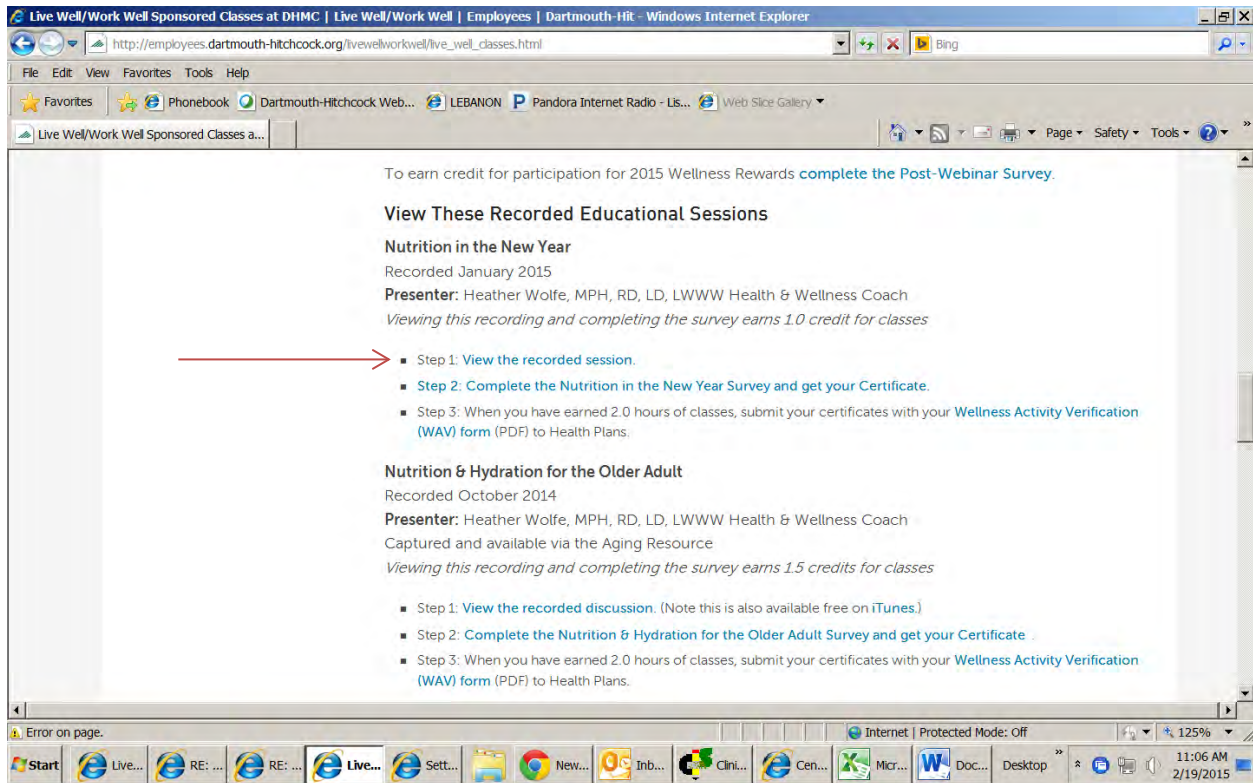
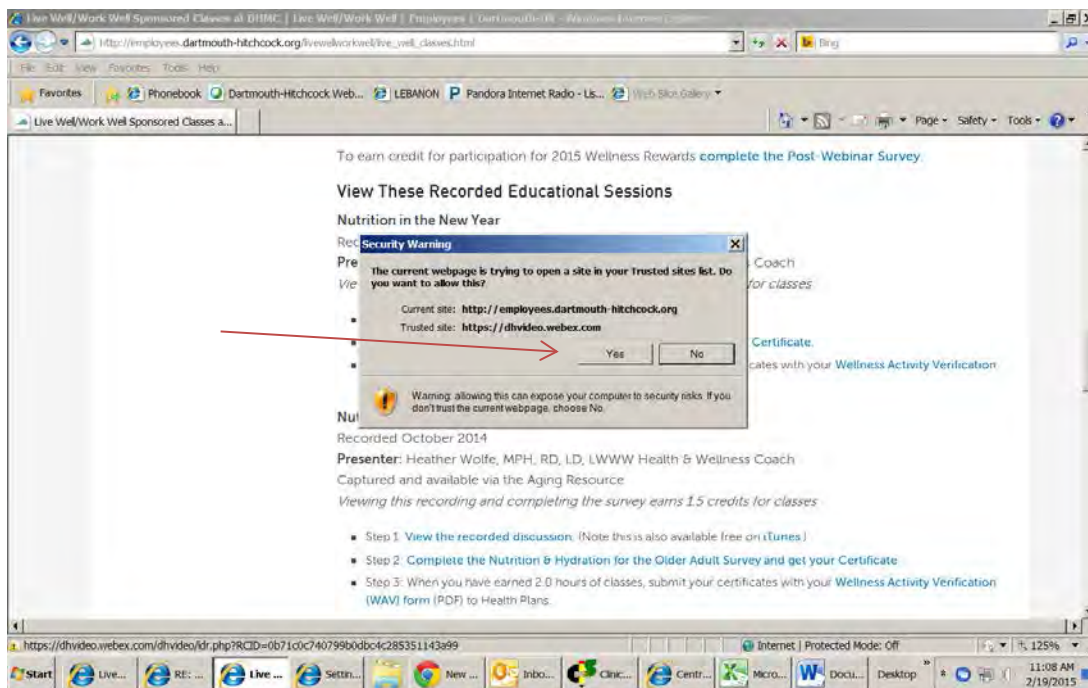


## Live Well Recorded Educational Sessions:

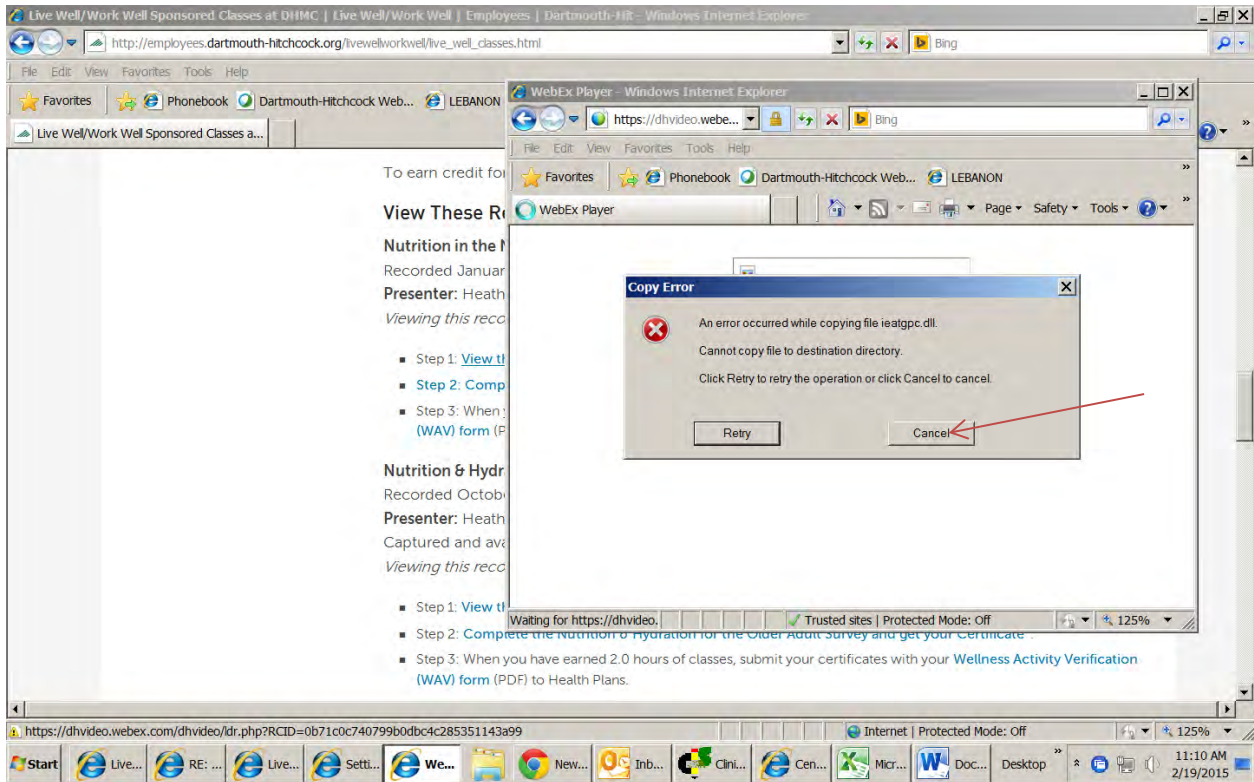
### 1. Click on "View the recorded session"



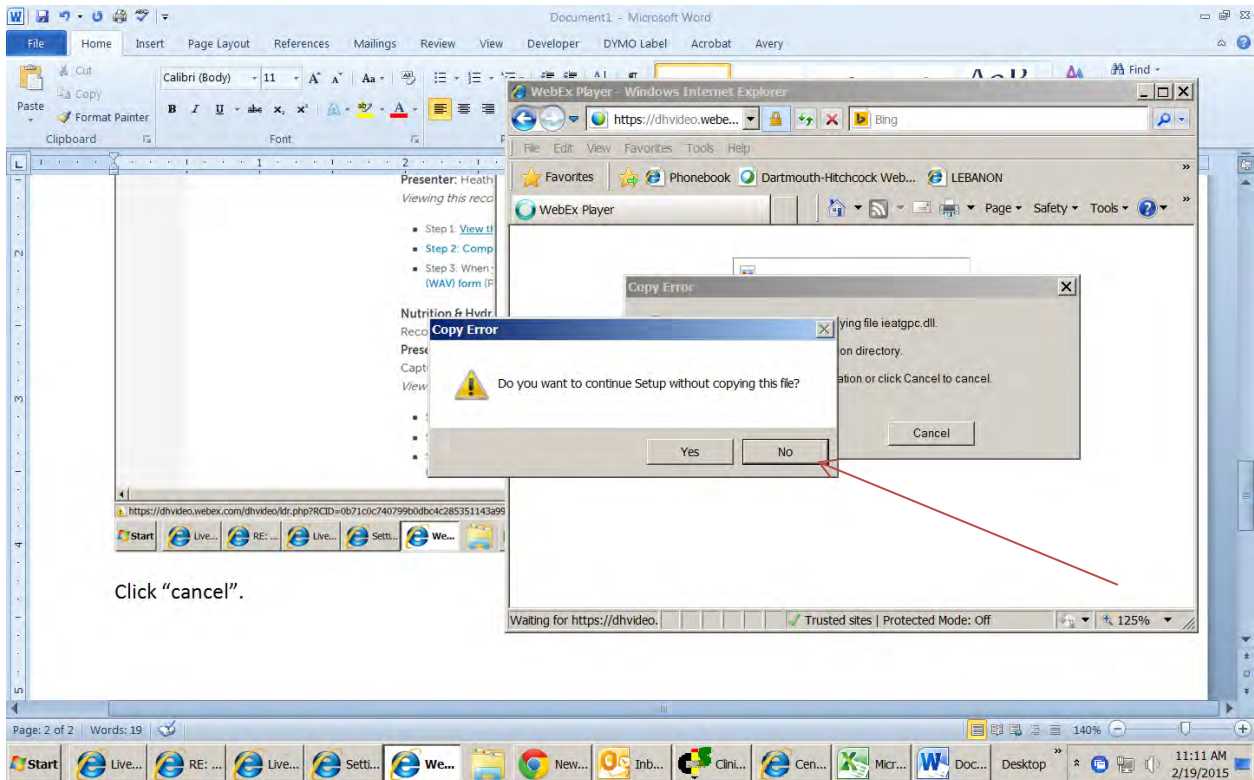
### 2. Click "yes" for trusted site list.



3. Click "cancel".



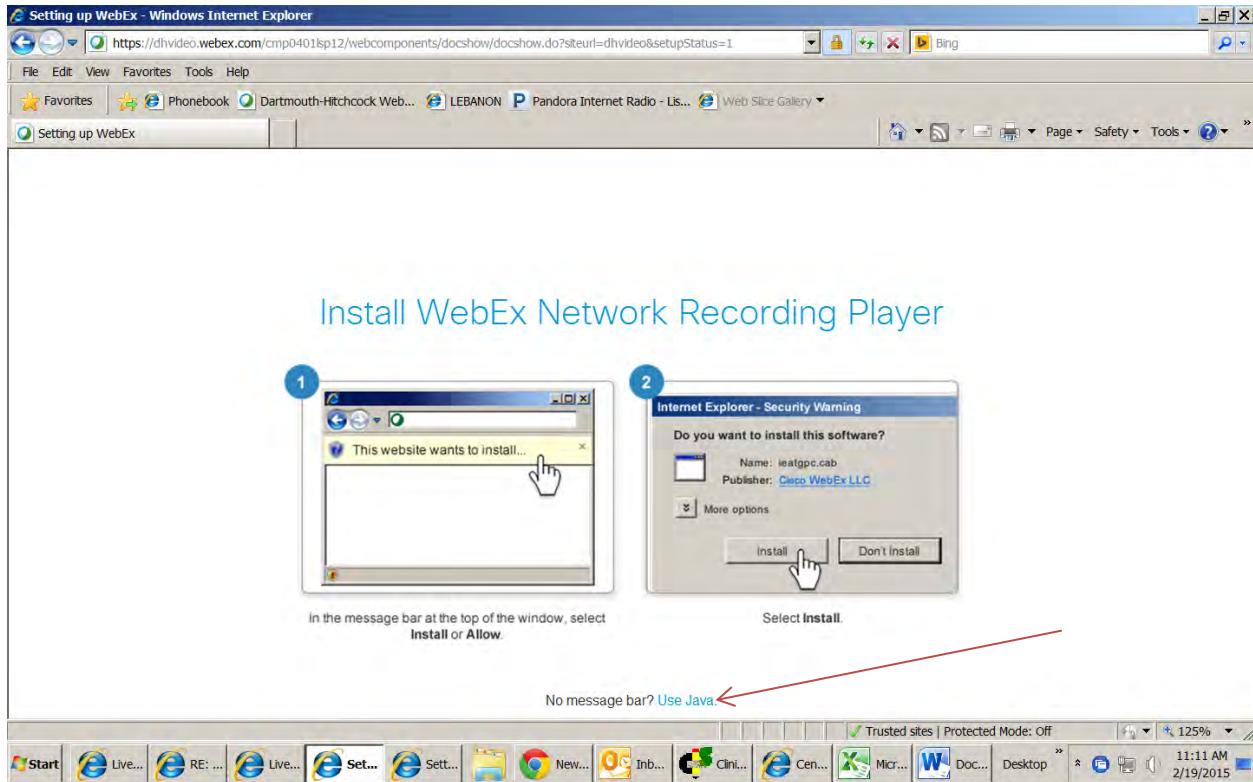
4. Click "no".



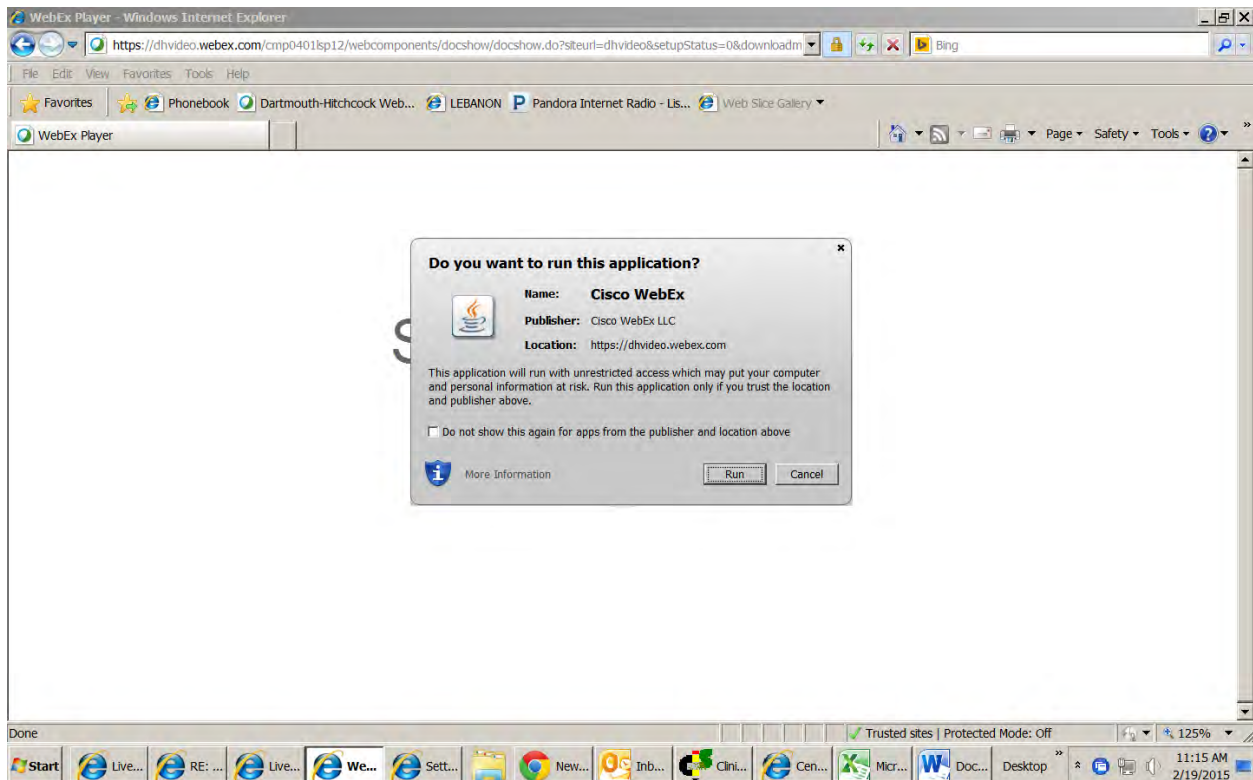
Click "cancel".



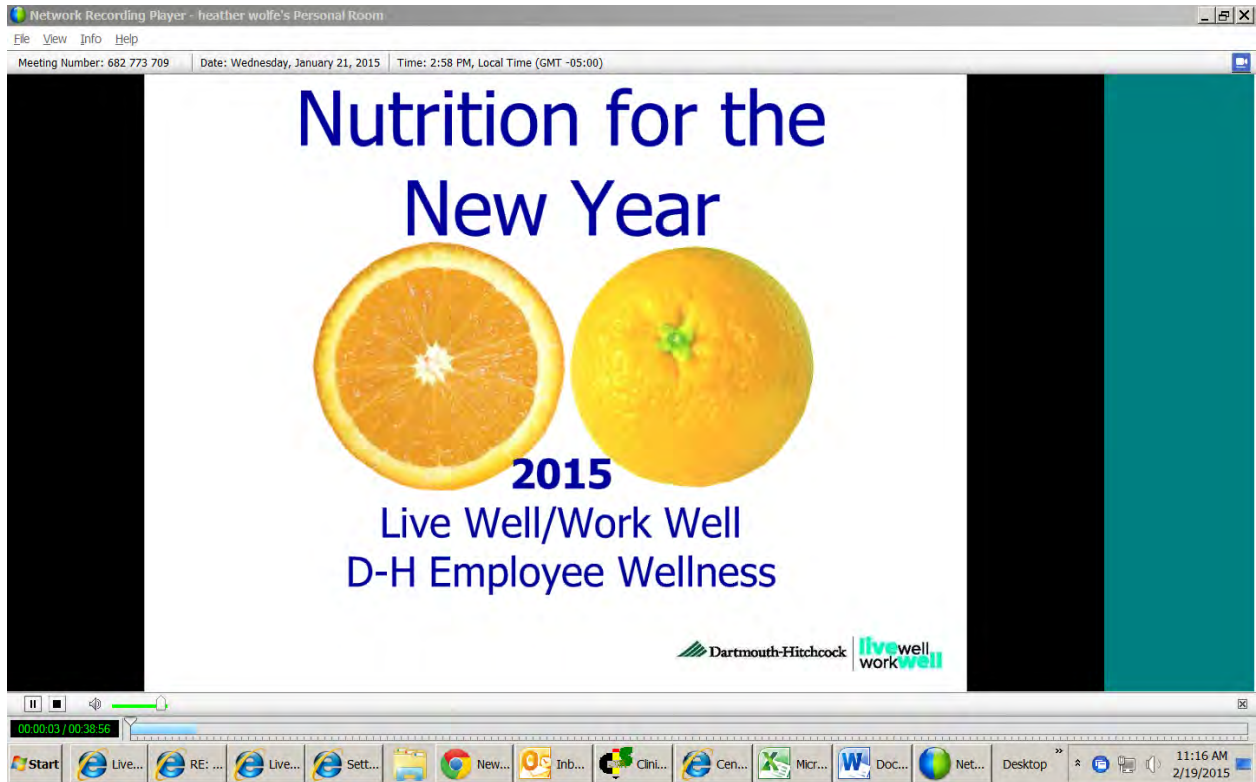
5. At the bottom of the page, click on "Use Java".



6. Click "run".



7. Wait for buffering, then recording should begin.



Contact Live Well/Work Well if you are having any issues.

603.650.5900, option 5

[livewellworkwell@hitchcock.org](mailto:livewellworkwell@hitchcock.org)