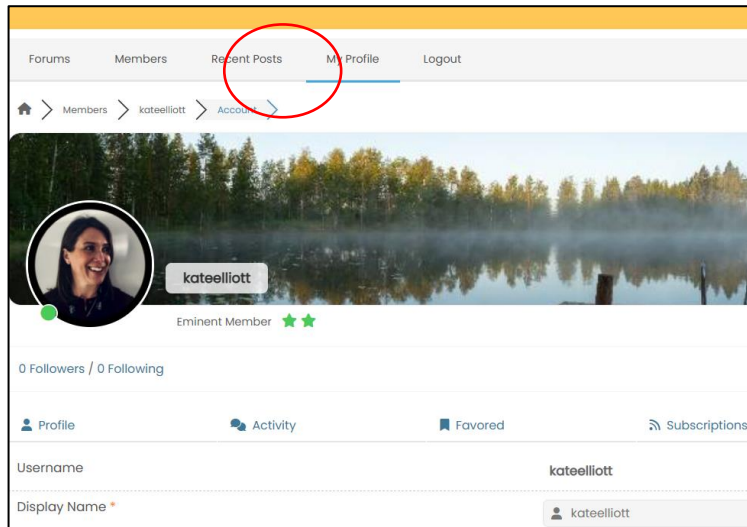


How to add your photo/avatar to your Community Profile:

1. Hover over My Profile, and click on My Account on the drop down



2. Scroll down until you get to Avatar, and then choose a photo to upload

A screenshot of the 'Profile' edit form. The form has tabs for 'Profile', 'Activity', 'Favored', and 'Subscriptions'. The 'Profile' tab is active. The form contains several input fields: 'Username' (kateelliott), 'Display Name' (kateelliott), 'Nickname' (kateelliott), 'Email' (kate.elliott@mindfulnessuk.com), and 'Title' (member). The 'Avatar' section is highlighted with a red circle. It has three radio button options: 'Default avatar', 'Specify avatar by URL:', and 'upload an avatar'. The 'upload an avatar' option is selected and also highlighted with a red circle. Below it is a small profile picture icon, a 'Choose File' button, and the text 'No file chosen'.

3. Scroll to the bottom of the page and click save changes

A screenshot of the bottom portion of the profile edit form. It shows a dropdown menu with '+0' selected, a search bar with a magnifying glass icon, and two password input fields labeled '/ password' and 'confirm password'. At the bottom right, there is a blue 'Save Changes' button highlighted with a red circle.