

How to Participate in the Blog

1. Go to the website at <http://wellnessnetwork.wordpress.com/> which will look something like this. You can “subscribe” to the Blog by clicking on the “Entries RSS”.



2. Read the most current posting, and at the bottom there will be a notation regarding comments:

Filed under: [Uncategorized](#) | [18 Comments »](#)

3. Click on the word “Comments” and it will bring up all the existing Comments that have been posted by readers, and at the bottom will be the following “Leave a Reply” box. Fill out the form and click on “Submit Comment”. It may take a day or two for your comment to appear on the website, so be patient. Check back periodically for new postings. Welcome aboard!

Leave a Reply

Name (required)

Mail (will not be published) (required)

Website

