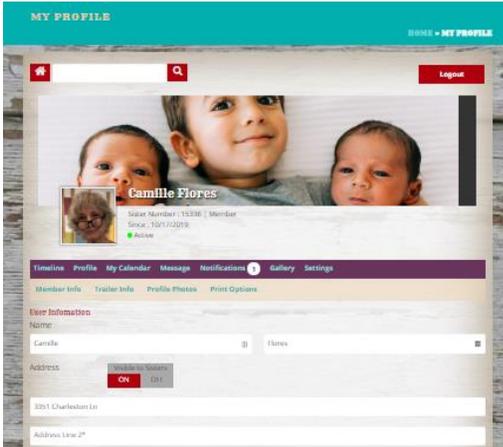
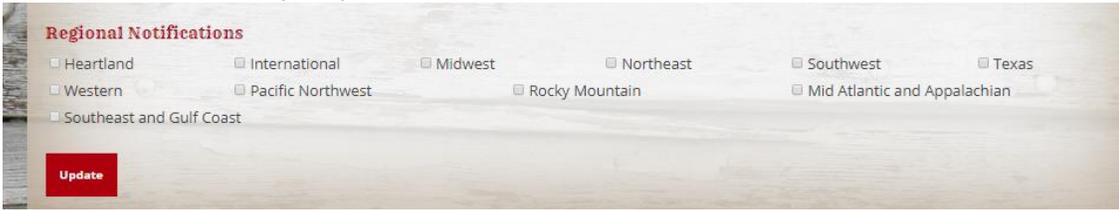
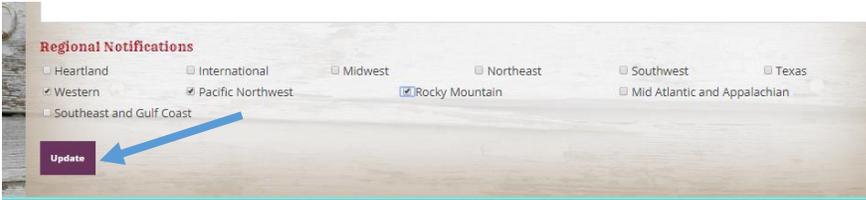


HOW TO UPDATE NOTIFICATION SETTINGS

Step	Action
1	<p>Log in to <i>sistersonthefly.com</i>, hover over MEMBERS AREA, and click MY PROFILE.</p>  <p>Result: Your profile will open.</p> 
2	<p>Scroll to the bottom of your profile.</p> 
3	<p>Click the check box adjacent to any region for which you want event notifications, and click Update.</p>  <p>Result: You will now receive event notifications for the selected regions.</p>