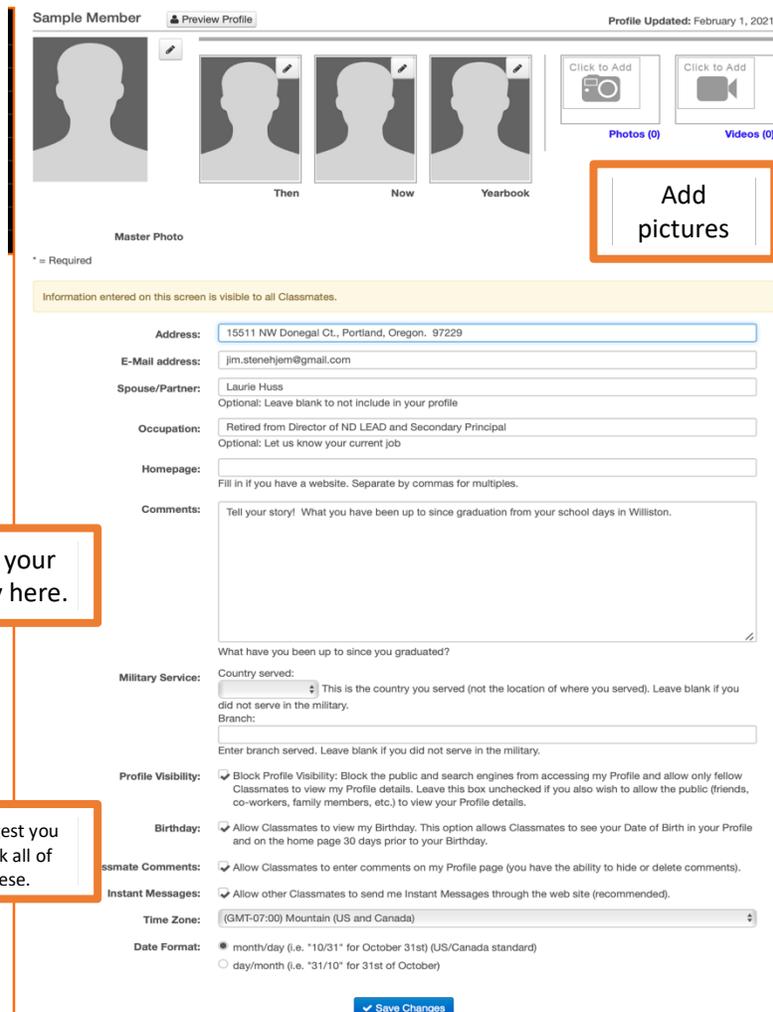# Instructions for updating your Profile and Notifications

1. Open the website and click on the 👤 icon on the top right. You will get a dropdown menu. Check to make sure your "Edit Contact Info" is up-to-date and then select "Edit Profile".

2. Update your profile with pictures and words.

Add pictures

Tell your story here.

I suggest you check all of these.

3. To receive updates when there are changes on the website, select "Notify me" in the menu under the little person icon, 👤. It's possible to be notified when others update their profiles, which might be kind of fun. You can choose *Immediately, Once Daily, or Never*.
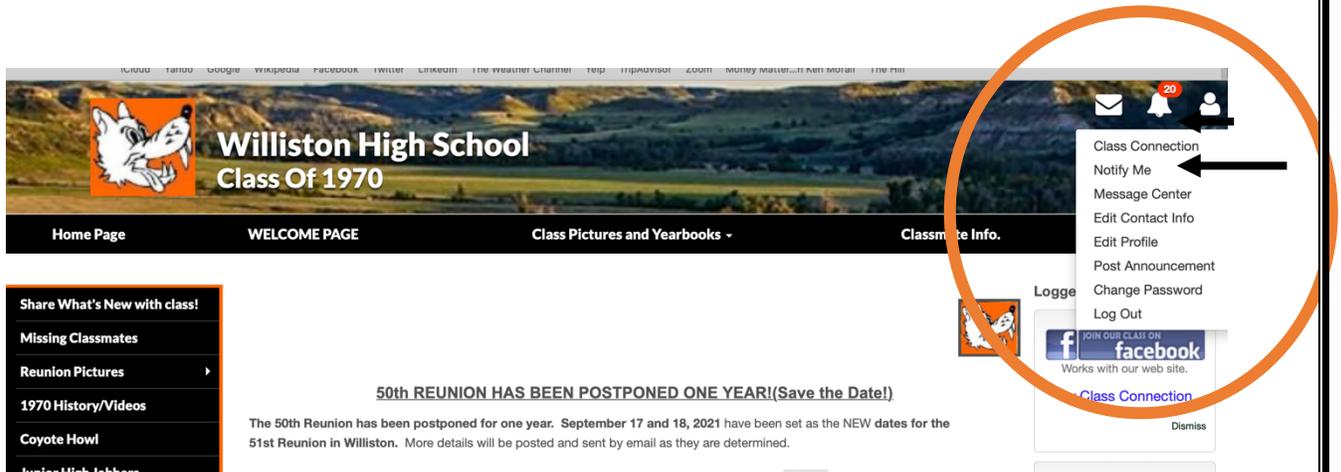
4. Select the degree of notification you are interested in.