

Feedback

Feedback about this leaflet is welcomed.
Please send comments to:
feedback@wholewoman.org.au

or

Barwon-South Western Regional Women's
Health
2-28 Connor Street
COLAC VIC 3250

Privacy

The information contained within
www.wholewoman.org.au is NOT confidential.
It is the nature of this website to gather and
display information about health and related
services available to consumers in the Barwon
South-Western Region. All such information is
provided by the staff of the organizations
concerned, who are bound by the privacy and
confidentiality provisions of their employers.

This service is provided to the service sector
and the community at no charge.
www.wholewoman.org.au does not solicit,
store, display or otherwise contain any kind of
patient information or identifiers related to
any individual.



www.wholewoman.org.au

Making connections for women's health and wellbeing



4 How to: subscribe to and unsubscribe from the monthly Wholewoman Digest.

This leaflet gives basic step by step
instructions on subscribing to the
monthly Wholewoman Digest. The
Digest advises of events happening
across the Barwon-South Western
Region.

The digest draws upon the resources
of the Regional Women's Health web
site **www.wholewoman.org.au**

You will find that there are many more
features available on that site than
are described here. It is hoped that
when you feel confident with this
tasks you will experiment with other
features.

This web site is designed for users of
all levels. Please experiment and
explore.

The WISP

Part of the WISP (Wholewoman Information Sharing Protocol), this "How to" information leaflet is number four in a series. Titles available are:

1. How to: locate services using the free on-line directory of services.
2. How to: subscribe to the quarterly Wholewoman News
3. How to: Establish and maintain your listing in the free on line directory of services.
4. How to: subscribe to and unsubscribe from the monthly Wholewoman Digest.
5. How to: read and post messages to www.wholewoman.org.au

To order leaflets, for other information about the WISP contact your local Women's Health Resource Worker.

From Greater Geelong, Queenscliffe and Surfcoast phone: 5260 3719

From Colac/Otway and Corangamite phone: 5232 5140

From Moyne and Warrnambool Phone: 5564 4190

From Southern Grampians and Glenelg phone: 5523 4000

Or email: wisp@wholewoman.org.au

Step 1. Power on

Turn on your computer, make sure it's plugged in and turned on at the power outlet.

Step 2. Connect

Connect to the internet in your usual way and then open your browser.

OR

If you are connected to a network just open your browser.

HINT: one common browser is opened by double clicking on a blue **e** icon.

Step 3. Go to Wholewoman

Go to www.wholewoman.org.au by typing the address into the browser's address box or select the address from your favorites.

HINT: add wholewoman to your favorites by clicking on "favorites" in the browser's menu, select "add to favorites" then click OK. Wholewoman.org.au will appear in your list of favorites.

Step 4. Go to Wholewoman News

Click on the word "Digest" on the right hand side list, this will take you to a list of area where you can subscribe.

Step 5. Subscribe

To subscribe just fill in the details requested and click on the button.

Future editions of the monthly Wholewoman Digest of events will be sent to you via email.

