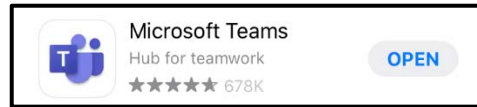


# Instructions for accessing the virtual breastfeeding group by phone (iphone, android, and tablet):

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\*If you are able to access the meeting on a computer, that is the easiest way to attend.

1. Search Microsoft Teams in the app store.

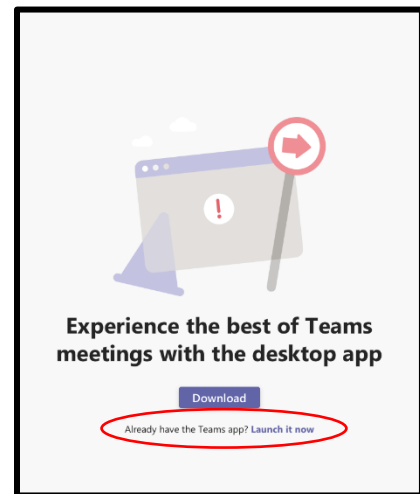


2. Download the app. This will take some time. We recommend downloading the app at least a day before the meeting.

3. When the meeting begins (1PM on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month), go to the Meriden WIC website and click the icon for the Virtual Breastfeeding Meet Up Group.



4. The webpage you are taken to may look like it is broken. In fine print, it will ask you to launch the meeting via the Teams app. Click "Launch it now"



5. If you are signed into Teams, you should be taken directly to the meeting.
6. If you are not signed into Teams, you can join as a guest (\*this is the easiest method)
7. If you have trouble accessing the meeting, please email Dana at [dlamontagne@meridenct.gov](mailto:dlamontagne@meridenct.gov).