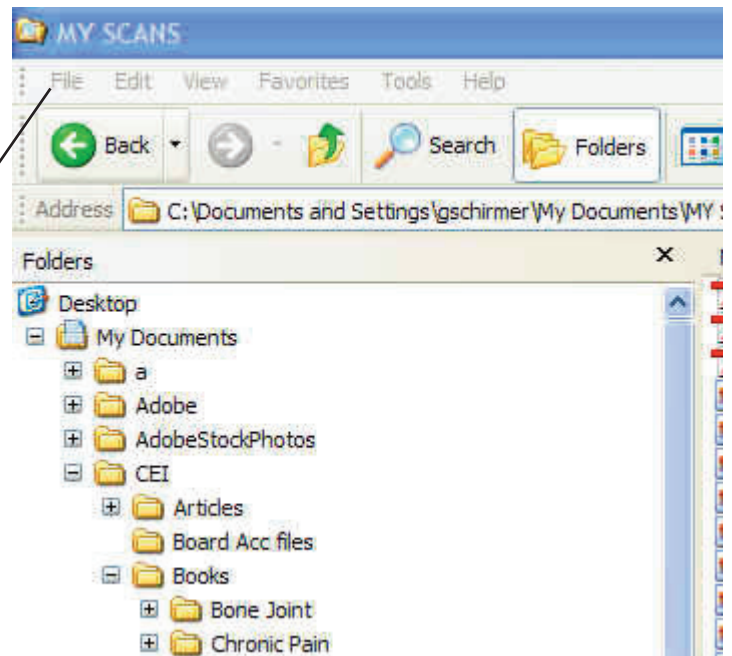


Step 1: Click on the link from the email to download the file and **SAVE** Not Open the file to your computer. The file that you will download is a zipped file that contains 3 more zipped files. One is the course book. The other two are Hormones 1 and Hormones 2. You will need to follow steps 2-6 for each of the hormones files.

Step 2: Create a folder to save the file to once you extract them from the zipped file you downloaded. To create a folder, open My Computer and select File/New/Folder from the top menu.

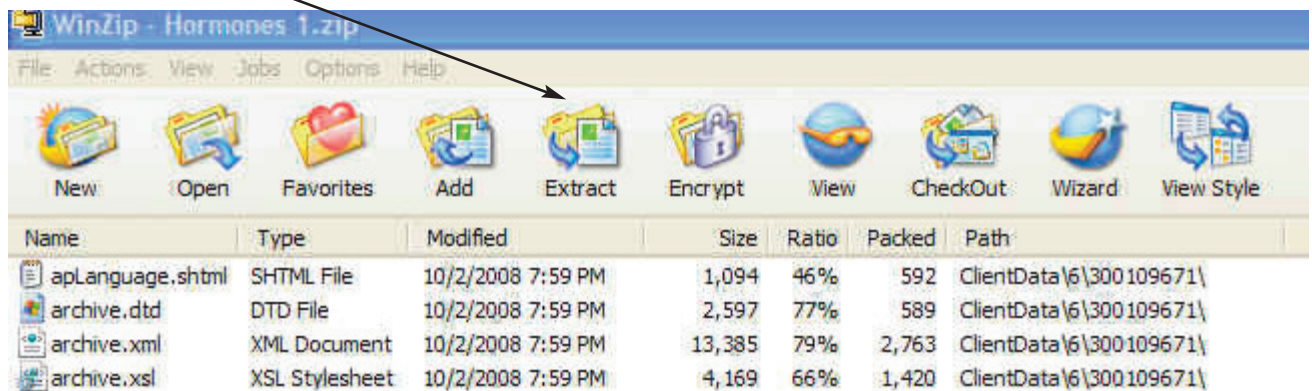
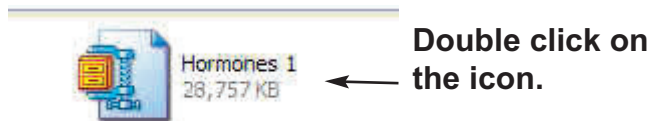
Click on File/New/Folder



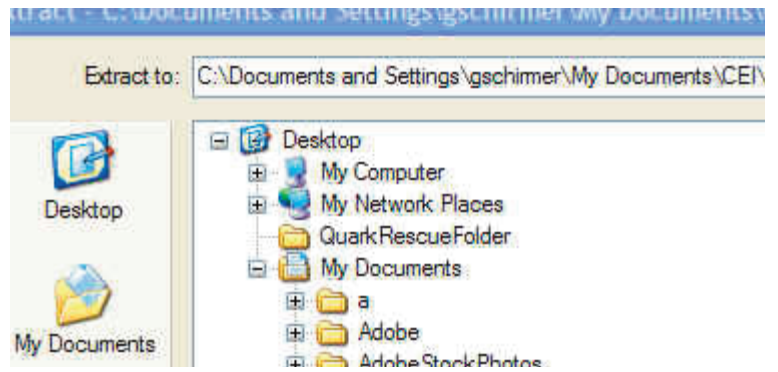
Step 3: Name your new folder - e.g. Hormones.



Step 4: Unzip the file by double clicking on the file that you downloaded. If you do not have an unzipping program, download one for free from www.winzip.com. Then the file will open as shown below - then click on Extract.



Step 5: After you click on the Extract button, it will ask you where to extract the files to. Select to extract the files to the folder that you created.



Step 6: After the files have been extracted to the folder you created, go to that folder and click on the play button.

