

# USER GUIDE

## Fountain of Health (Mental Health Foundation of Nova Scotia) – Registration page

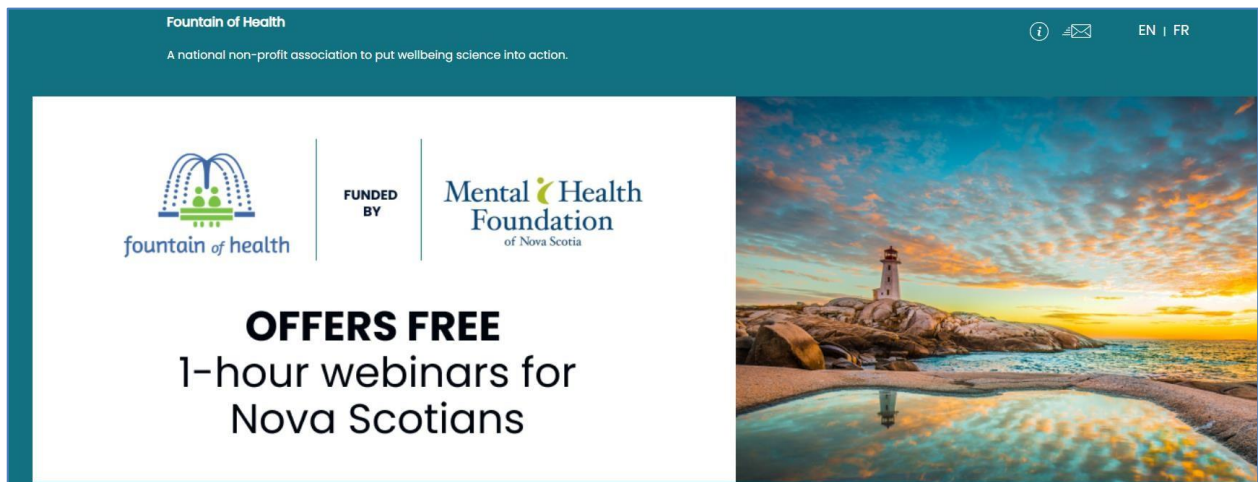
This user guide will walk you through the steps to register for the Fountain of Health's Workshop. Please follow the instructions below:

### Step 1:

- Open your preferred web browser and enter the following URL:
- [fohmf.ca](http://fohmf.ca)
- The website will launch, and you will land on the homepage.

### Language Selection


- In the header section (top right corner of the page), choose the language that suits you.
- For English, click on "EN".
- For French, click on "FR".



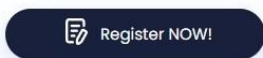
## Step 2: Course Registration

- Scroll down to the Course Registration section.
- Locate the "**The Art and Science of Aging Well**" course.
- Click on the "Register Now!" button below the course column.

### Register Here for Free 1-Hour Webinar

 **1 HOUR FREE WEBINAR**

**The Art and Science of Aging Well**  
1 Hour Webinar for Adults in Mid-life & Older



## Step 3: Course Details and Time Selection

- You will be directed to the Course details page.
- Choose the preferred time for the workshop based on your convenience.
- Click on the "Sign up" button.

1 Choose Course      2 Fill in your Information      3 Confirmation

The Art and Science of Aging Well Webinar 1 Hour

COURSE DETAILS	LANGUAGE	DURATION	TIME
Course: Art & Science of Aging Well Speaker : Dr. Michelle Dow Language : English	ENGLISH	1 Hour FREE	Monday 27th Nov from 12 PM to 1 PM EST

[Sign Up](#)  
Seats left :100

## Step 4: Fill in Your Information

- You have now completed the course selection (you will see a tick above the text).
- Proceed to fill in your information in the provided form.

**Please fill in your details to register for this webinar.**

1 Choose Course      2 Fill in your Information      3 Confirmation

Mental Health Foundation of Nova Scotia and Fountain of Health: The Art and Science of Aging Well | Webinar  
Course Timings: Monday 27th Nov from 12 PM to 1 PM EST

**Profile Details**

Name\*

Phone\*

- Once you have filled in all the required information, ensure you fill in all the mandatory fields indicated by the "\*" symbol.
- Click the "Next" button at the bottom of the page.

Where are you currently living?


Please indicate any assistance you may require to participate in this webinar.

- I have read and agree to the [terms of use](#)
- I have read and agree to the [end user license agreement](#)
- I have read and agree to the [privacy policy](#)
- I would like to receive further information from the Fountain of Health, including details about workshops & webinars.

## Step 5: Confirmation Page

- By clicking "Next," you have completed the information filling step.
- You will now be on the Confirmation page.
- If you are satisfied with the provided information, click on "I CONFIRM" to complete the registration process.
- If you need to make any changes, click on "CANCEL" to return to the form page.

Please confirm that you would like to sign up for this webinar.  
The Art and Science of Aging Well | Webinar



1 Choose Course

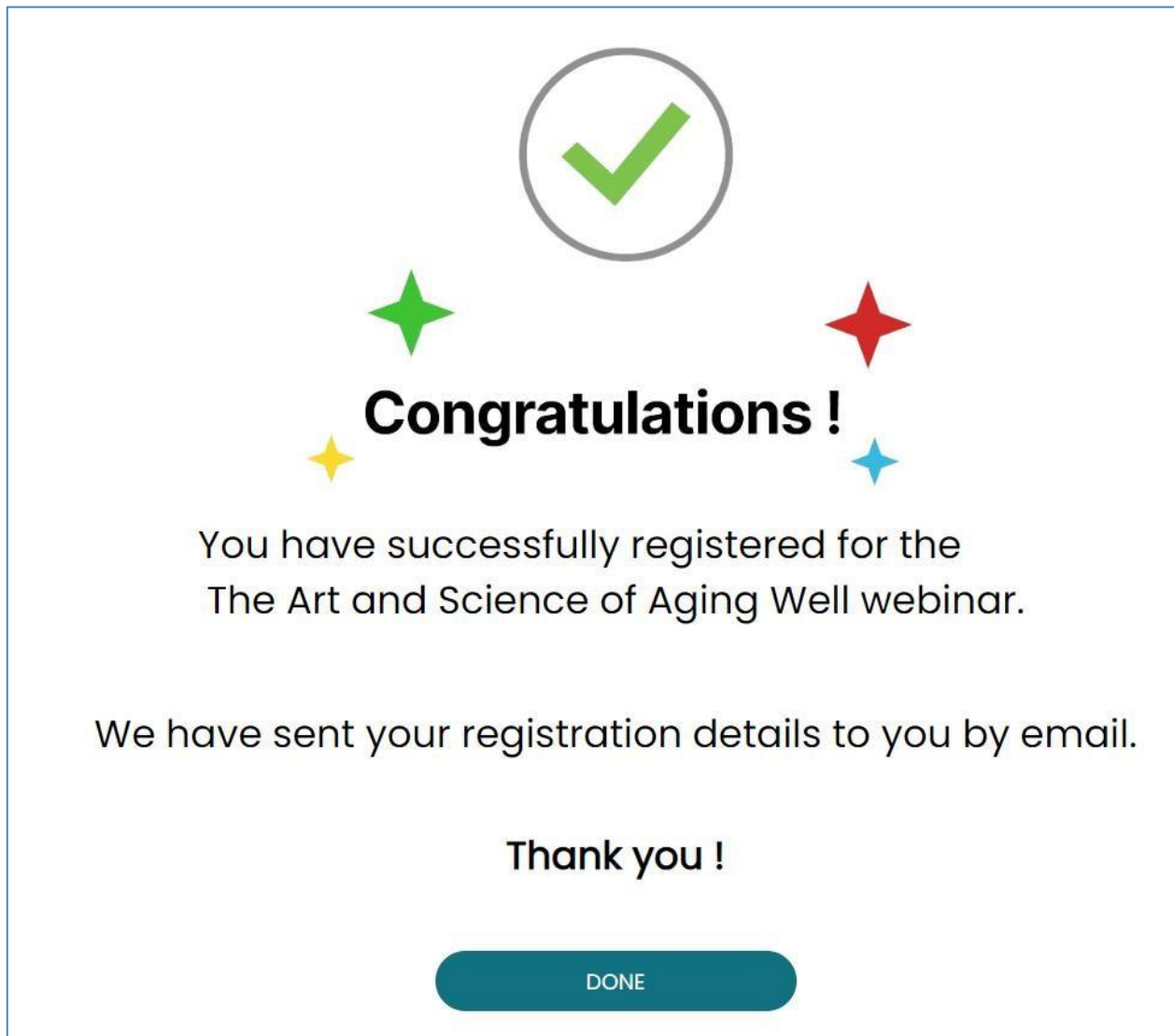
2 Fill in your Information

3 Confirmation

CANCEL I CONFIRM

## Step 6: Registration Confirmation

- Clicking "I CONFIRM" will complete your registration, and you will see a confirmation message.
- Click the "DONE" button below the congratulatory message.
- You will be redirected to the homepage of the Registration page.



**Congratulations! You have successfully registered for the Art and Science of Aging Well webinar at Fountain of Health.**