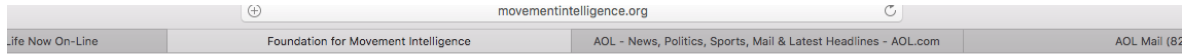
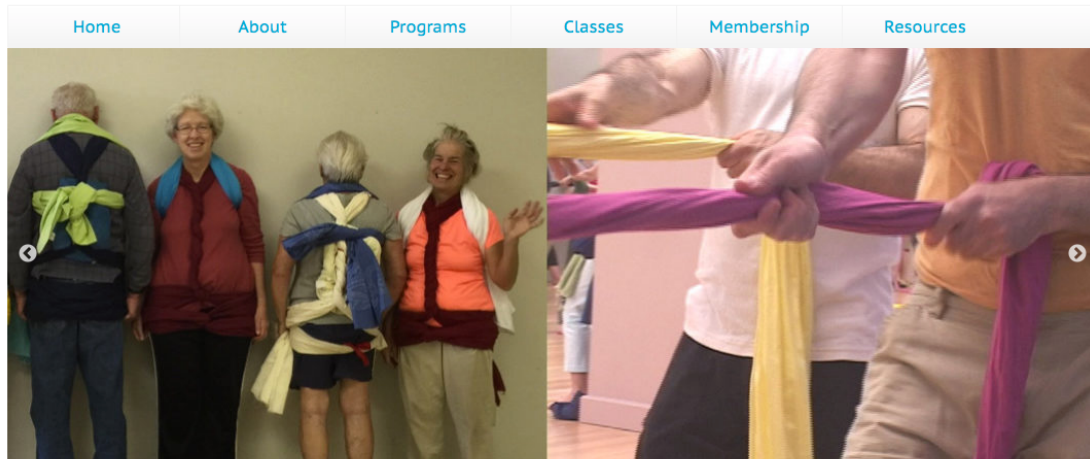


HOW TO JOIN FMI Katarina and Kim October/ November 2022

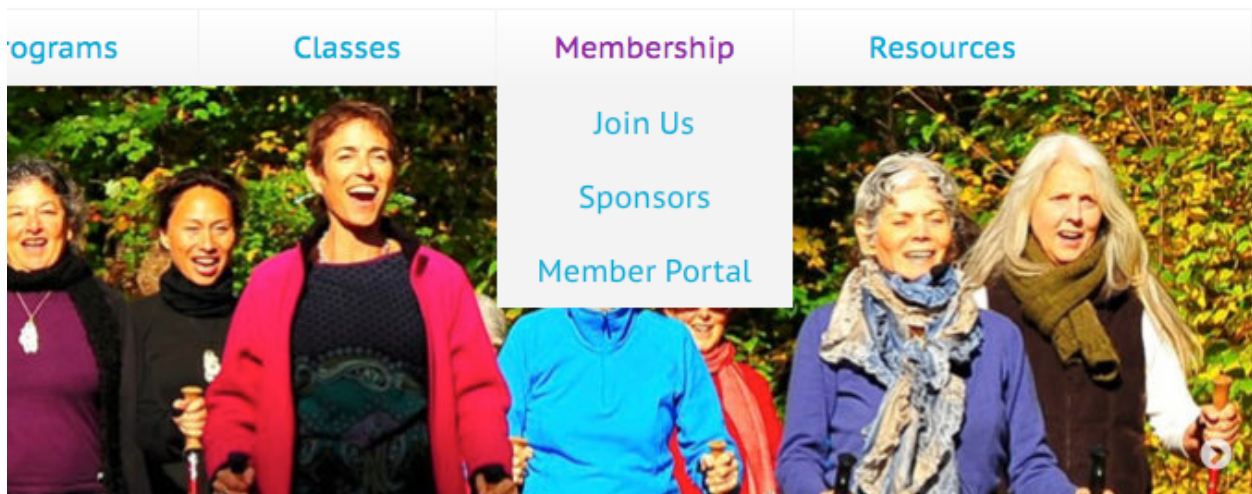
1. Go to: <http://movementintelligence.org>



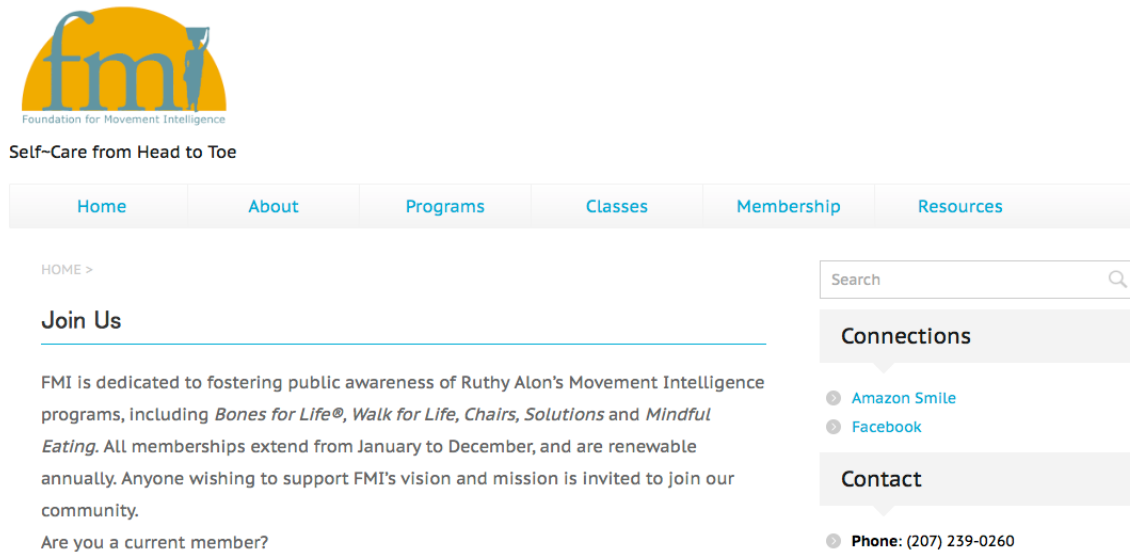
Self-Care from Head to Toe



AT THE top for PAGE there are blue 'tabs'
2. Select tab "Membership" and underneath that is written "Join Us"



3. You will reach a page at this link: <http://movementintelligence.org/bones-for-life/>



The screenshot shows the homepage of the Foundation for Movement Intelligence (FMI). At the top left is the FMI logo, which consists of the letters 'fmi' in a stylized font with a blue and orange color scheme, and the full name 'Foundation for Movement Intelligence' below it. Underneath the logo is the tagline 'Self-Care from Head to Toe'. A navigation menu is located below the tagline, with tabs for 'Home', 'About', 'Programs', 'Classes', 'Membership', and 'Resources'. The 'Home' tab is currently selected. Below the navigation menu, the page content is divided into two columns. The left column features a 'Join Us' section with a blue underline. The text in this section describes FMI's mission to foster public awareness of Ruthy Alon's Movement Intelligence programs, including 'Bones for Life', 'Walk for Life', 'Chairs', 'Solutions', and 'Mindful Eating'. It also mentions that memberships are annual and renewable. Below this text is a link that says 'Are you a current member?'. The right column contains a search bar at the top, followed by a 'Connections' section with links to 'Amazon Smile' and 'Facebook'. Below that is a 'Contact' section with a phone number: '(207) 239-0260'.

4. On this page, scroll down to “How Can I Join” and select option 2.

How Can I Join?

There are two ways to enroll as an FMI Member. Option #1 below (mailed payment and application form) is more cost-effective for us, and is preferred.

- 1 Download and print the [FMI Membership Application](#) form.

Fill it out, and mail it with a US check or money order payable to “Foundation for Movement Intelligence” to: FMI Membership, c/o L. Tiemann, 37 Spruce St. #3, Portland, ME 04102



2. If you prefer to pay by credit card, please click the “Donate” button below.

After completing the PayPal payment form, please click **Return to Merchant** at the page bottom in order to complete your FMI application form online.

5. **Remember to Return to Merchant at the page bottom in order to complete your FMI application form online.**

Form is attached to the email which comes with this tutorial

Once you fill in the form YOU COULD scan

OR simply PUT YOUR RESPONSES RIGHT INTO AN EMAIL AND SEND TO LISA

FMI Office <fmibones@gmail.com>

Gracias, thank you,
Katarina and Kim
October/ November 2022