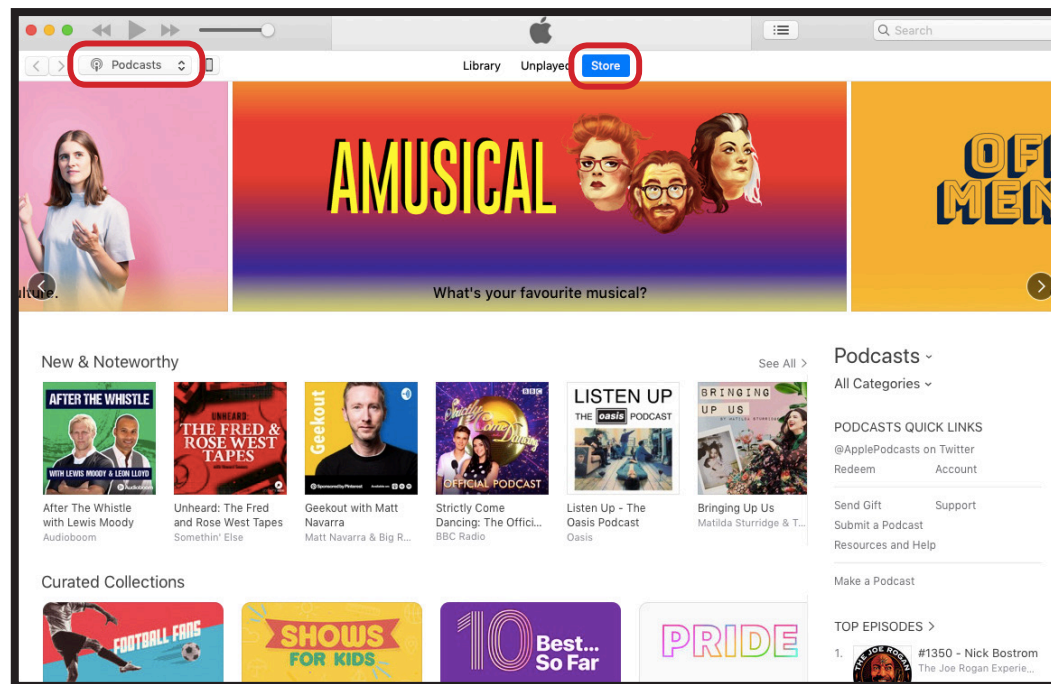


LIVE THE CHANGE

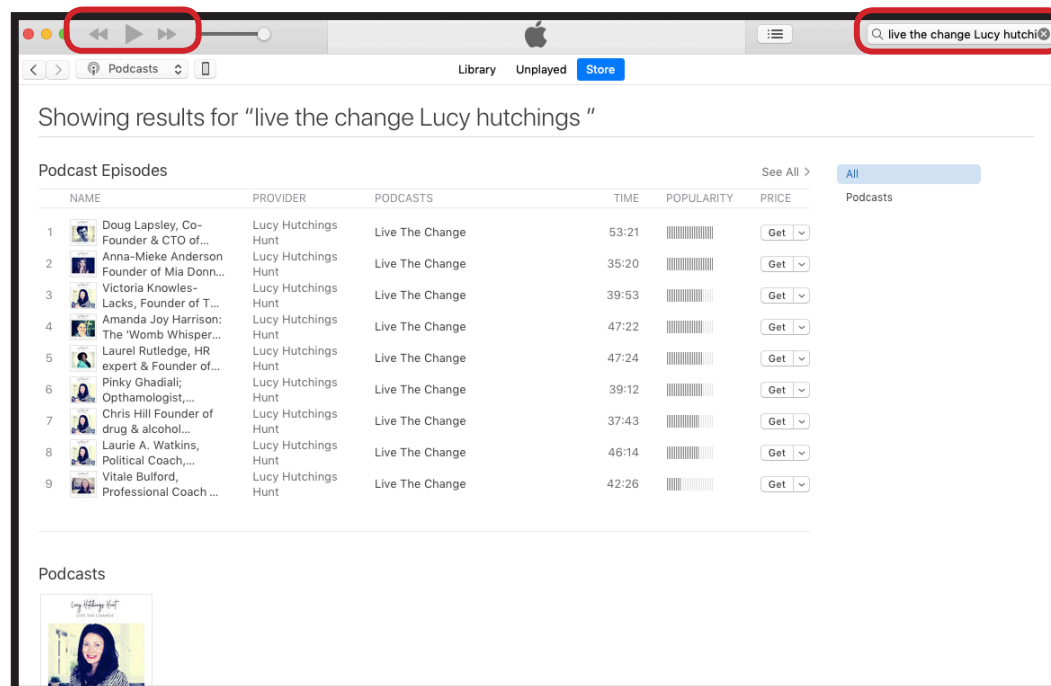
# HOW TO LISTEN TO A PODCAST - MACBOOK

1



- Launch/Click iTunes
- Click 'podcasts' in drop down menu in top left.
- Click on 'store' in top centre. (It's called store but podcasts are free).
- Browse shows by category from the drop-down box.

2



- Alternatively, use the search bar in the top right to find a podcast you like.
- Click play. If you like it, click subscribe to get more.