

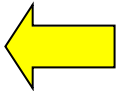


## Email Opt-In Options

The following are step-by-step instructions to show you how to update your email opt-in preferences on the member portal. If you decide not to opt-in, you will continue to receive informational emails from Recreation Services. If you decide to opt-in, in addition to receiving informational emails, you will also receive emails for promotions, new programming and additional services.

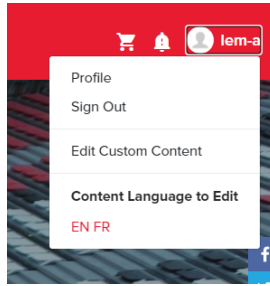
\*\*These step-by-step instructions assume that you have already created an account on our Member Portal. If you need help creating an account or logging in, please visit our [Help Page](#)\*\*

1. To start, open a browser and go to the Member Portal at: <https://recreationservices.uwinnipeg.ca/>  
From here, you'll want to select the "Sign **In**" option in the upper right corner.



2. Enter your credentials and click the "Sign **In**" button.

Once you have logged in, your screen name will appear in the upper right hand corner. Select **"Profile"**.



3. Click on the toggle under **"Email Opt-In"** to adjust settings:

Email Address	a.lem@uwinnipeg.ca
Email Opt-In	<input type="checkbox"/>
	Subscribe to marketing and promotional emails.

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Email Address	a.lem@uwinnipeg.ca
Email Opt-In	<input checked="" type="checkbox"/>
	Subscribe to marketing and promotional emails.

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*Need assistance with the Recreation Services Member Portal?  
Contact [recreationservices@uwinnipeg.ca](mailto:recreationservices@uwinnipeg.ca)*