

No Fear Bridge Practice

1. Log in to **No Fear Bridge**.
2. Go to **No Fear Bridge Member's Home Page**.
3. Click **Teacher Courses**. They are listed alphabetically by county
4. On the list of Teacher Courses, click **Ann Rooke online**
5. Enter the access code given to you by your teacher. Leave the Course key blank.
6. Click the course **U3A Beginners** and appropriate lesson activities.

There are some course notes to help. These pop up in a box at the start.