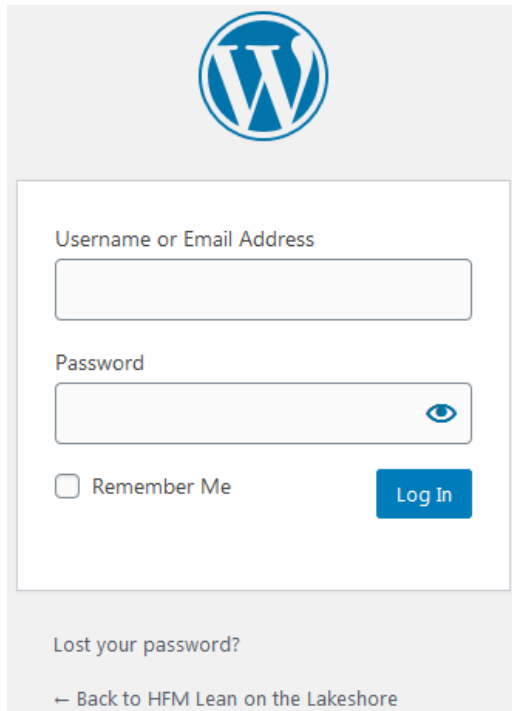
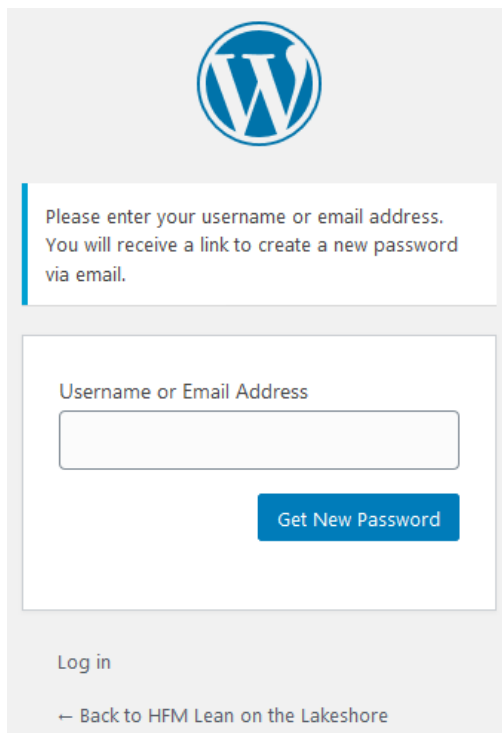


# Resetting your password

Being by visiting this website: <https://leanonthelakeshore.com/wp-admin/>



Click the “Lost your password?” link beneath the sign in box



Enter your username or email address. The email address is the email you used to register for HFM Lean on the Lakeshore. If you do not remember either, please use this form to request your password be reset:

<https://leanonthelakeshore.com/contact-us/>

Entering your username or email address will trigger an email to go to that inbox. Follow the instructions in the email to complete the reset.

Please check your junk, spam, or promotions folders if this email is not in your inbox. It will come from Word Press and will be titled: [HFM Lean on the Lakeshore] Password Reset

The link in the email will eventually time out, meaning it will not work if you wait too long to complete the reset. If that happens, please try the steps above again when you have time to complete the reset.