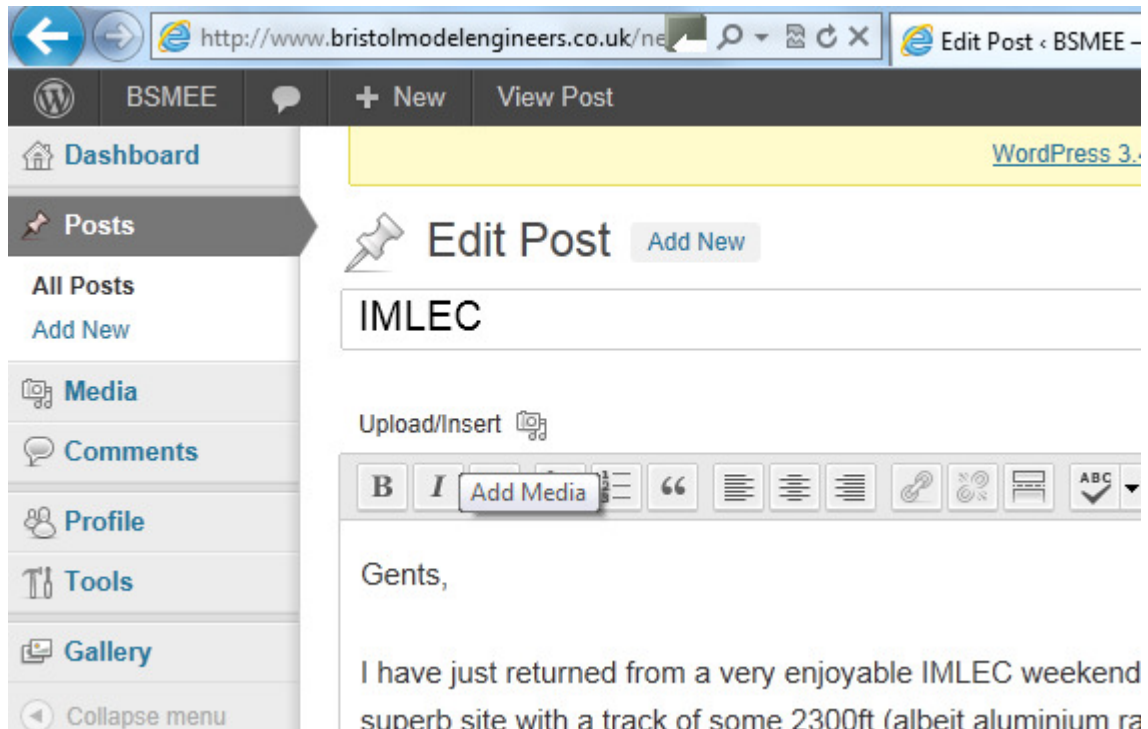
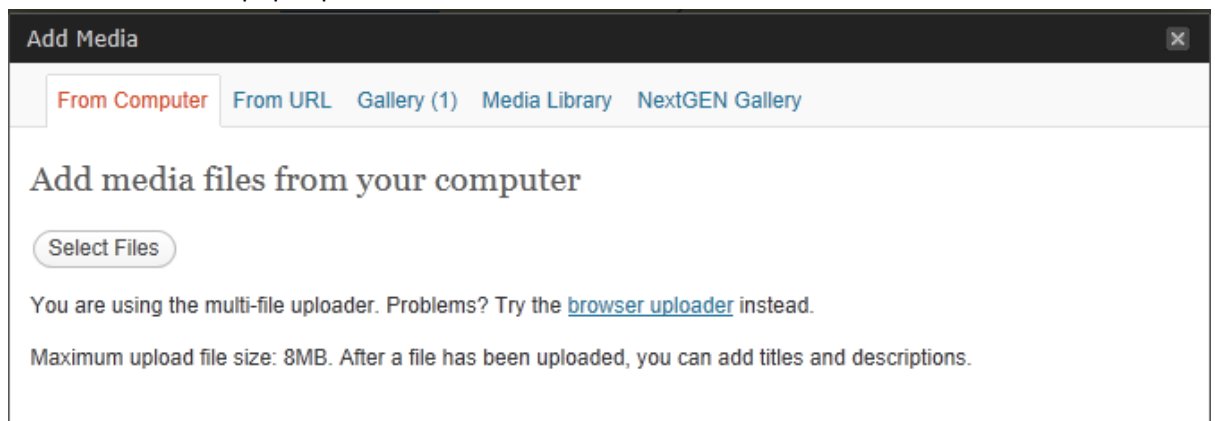


Uploading a File to insert into a Post/Page

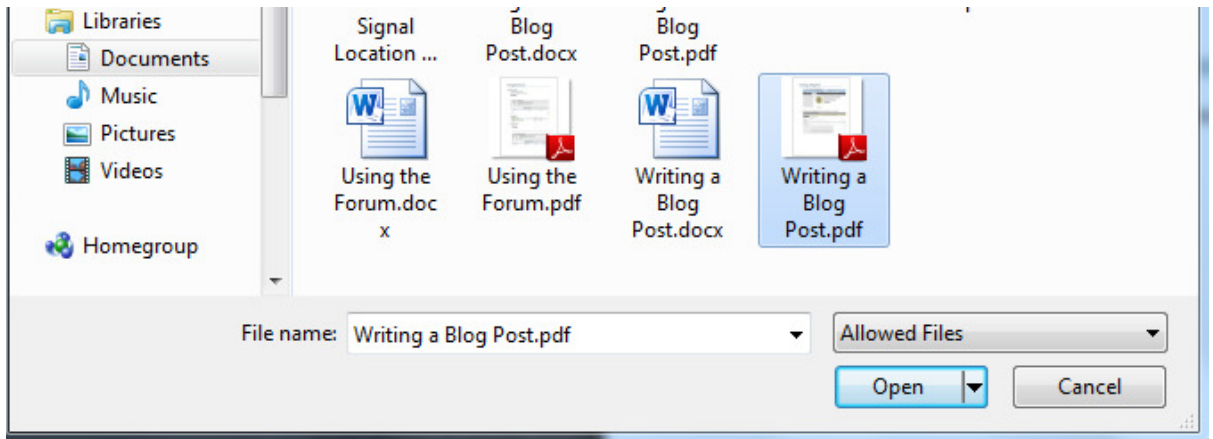
1. Go to the Post/Page you will be inserting a File to.
2. Click on the Upload/Insert Media button



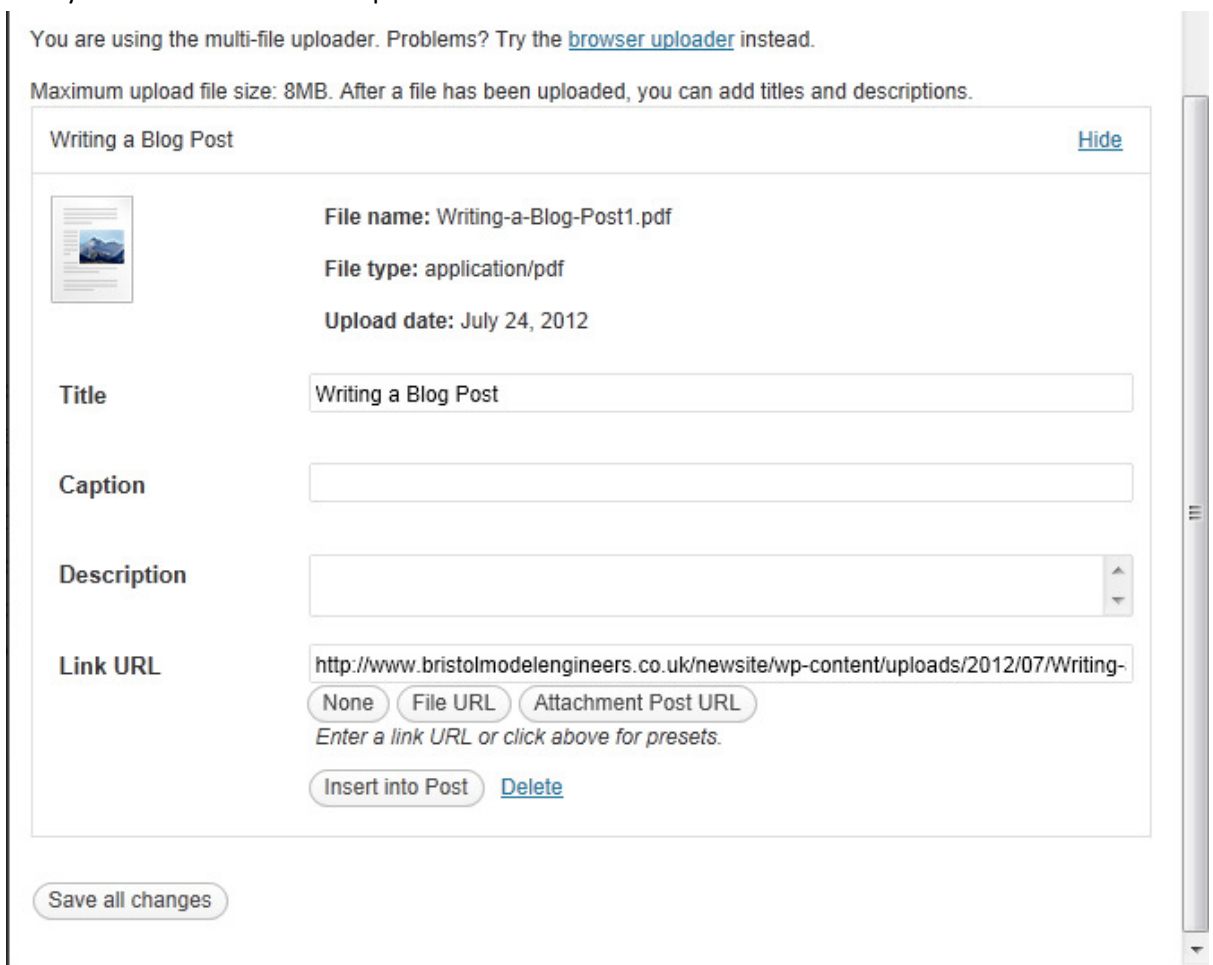
3. In the window that pops up click on the 'Select Files' button.



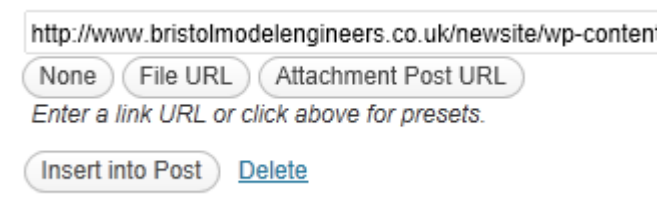
4. Click on the file you want to upload and select open (then wait for it to upload)



5. Give your File a title and description



6. Click the insert into post button



Your file will now be linked to in your Post/Page