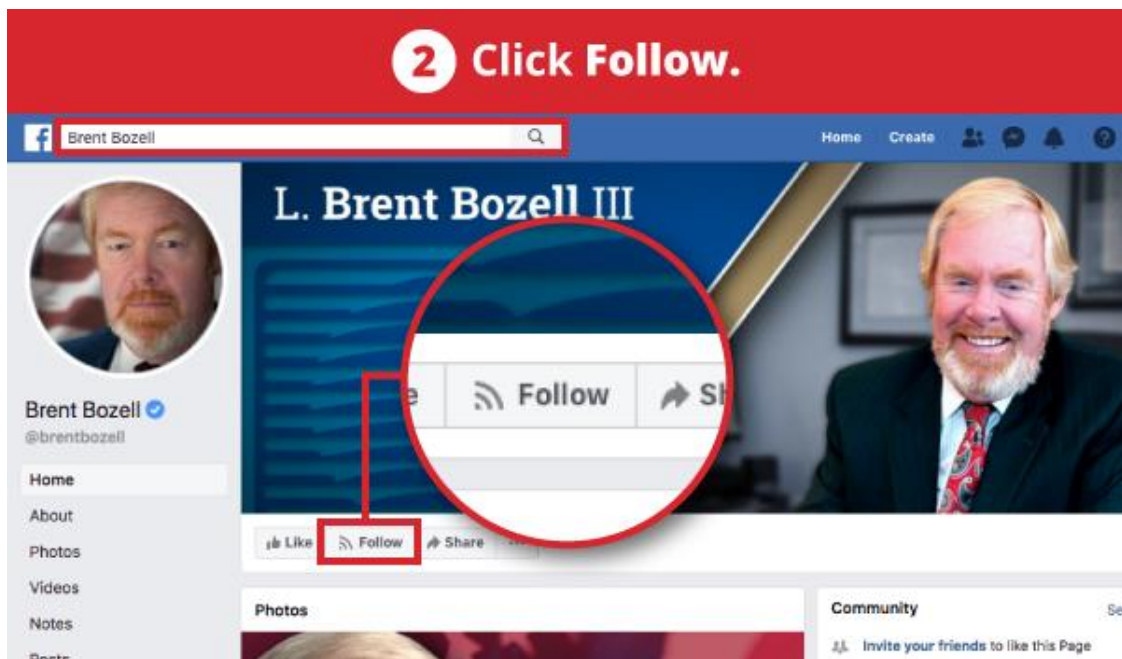
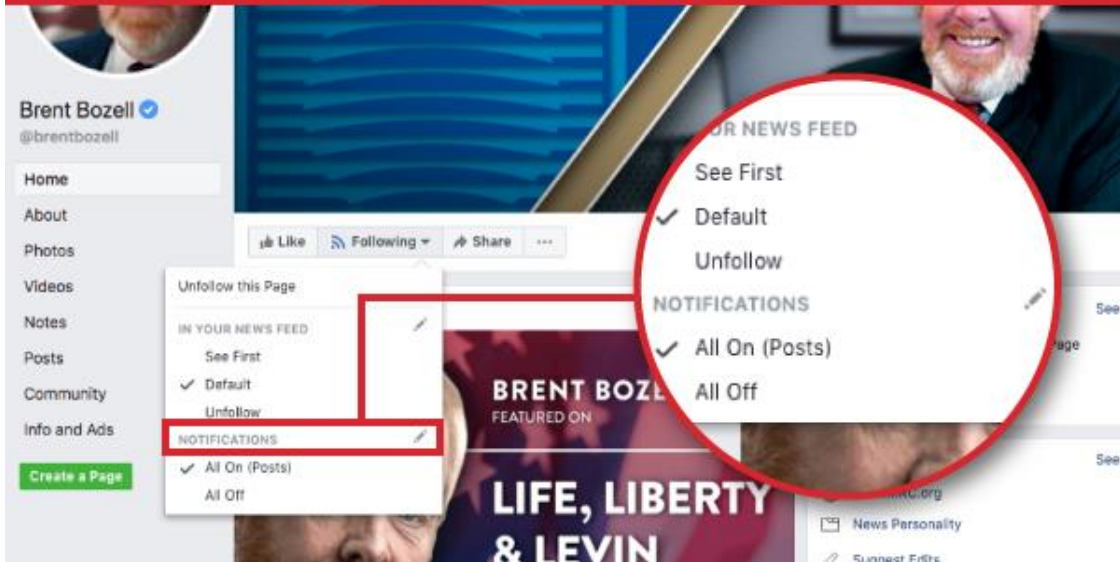


If you're not following us on Facebook, here's how to receive automatic Facebook Live alerts from the MRC:



3 Click the pencil image next to Notifications.



4 Select the type of notifications you'd like to receive.

