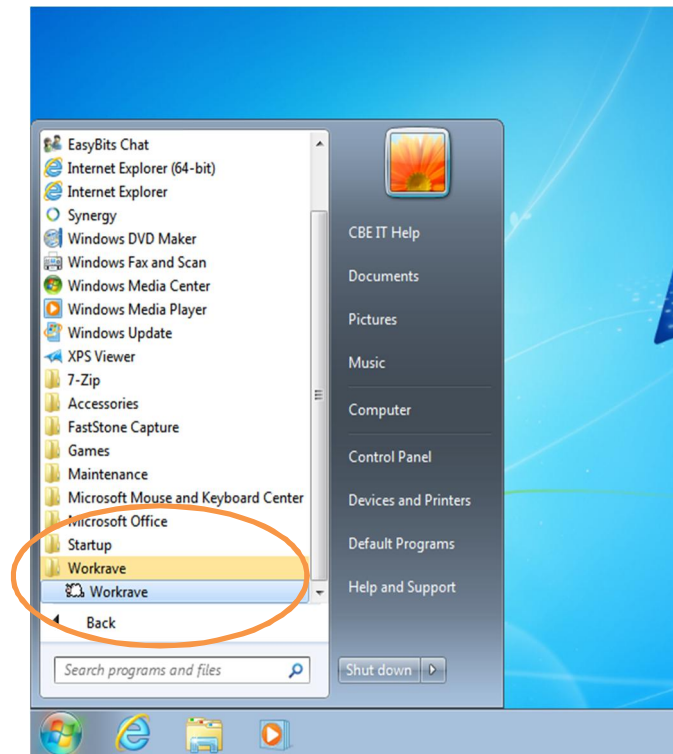


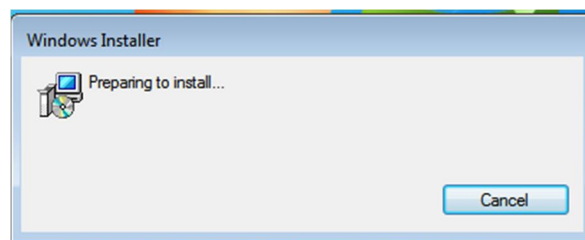
## Workrave installation instructions

### Method 1.

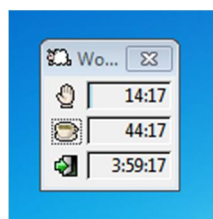
Click on the Start Menu > All Programs > Workrave > Workrave.



The following prompt will appear while the installer loads.

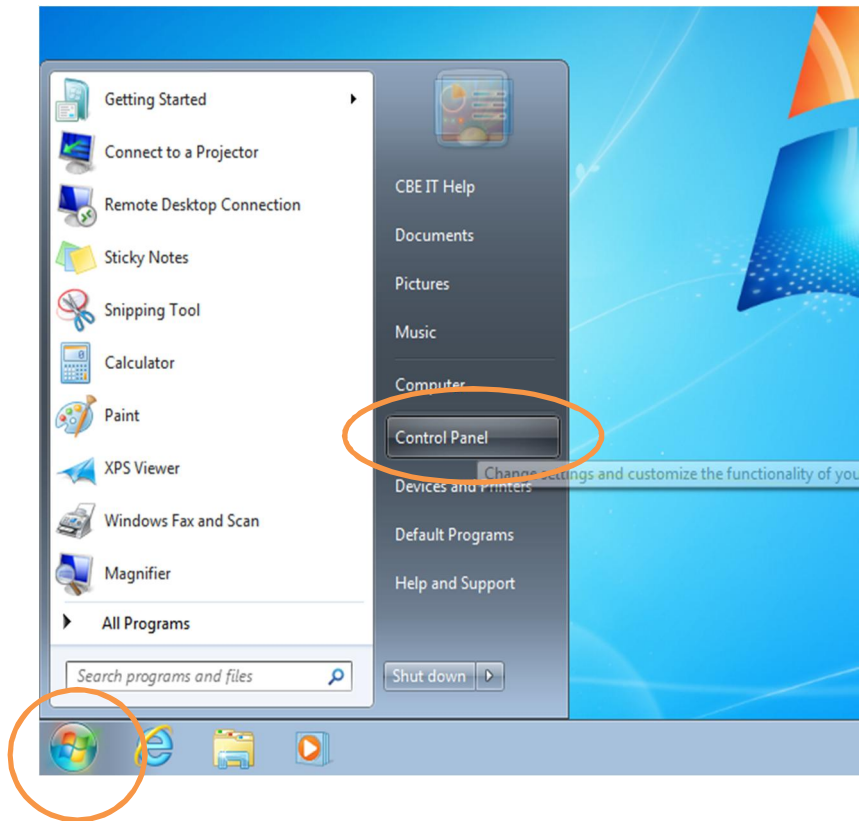


When the prompt disappears and the Workrave application appears, the application has been installed.

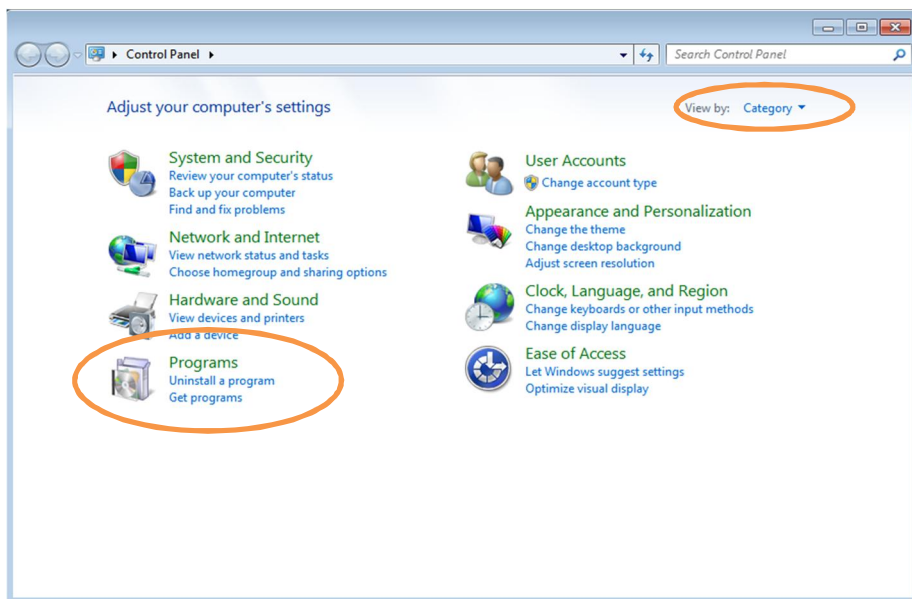


## Method 2.

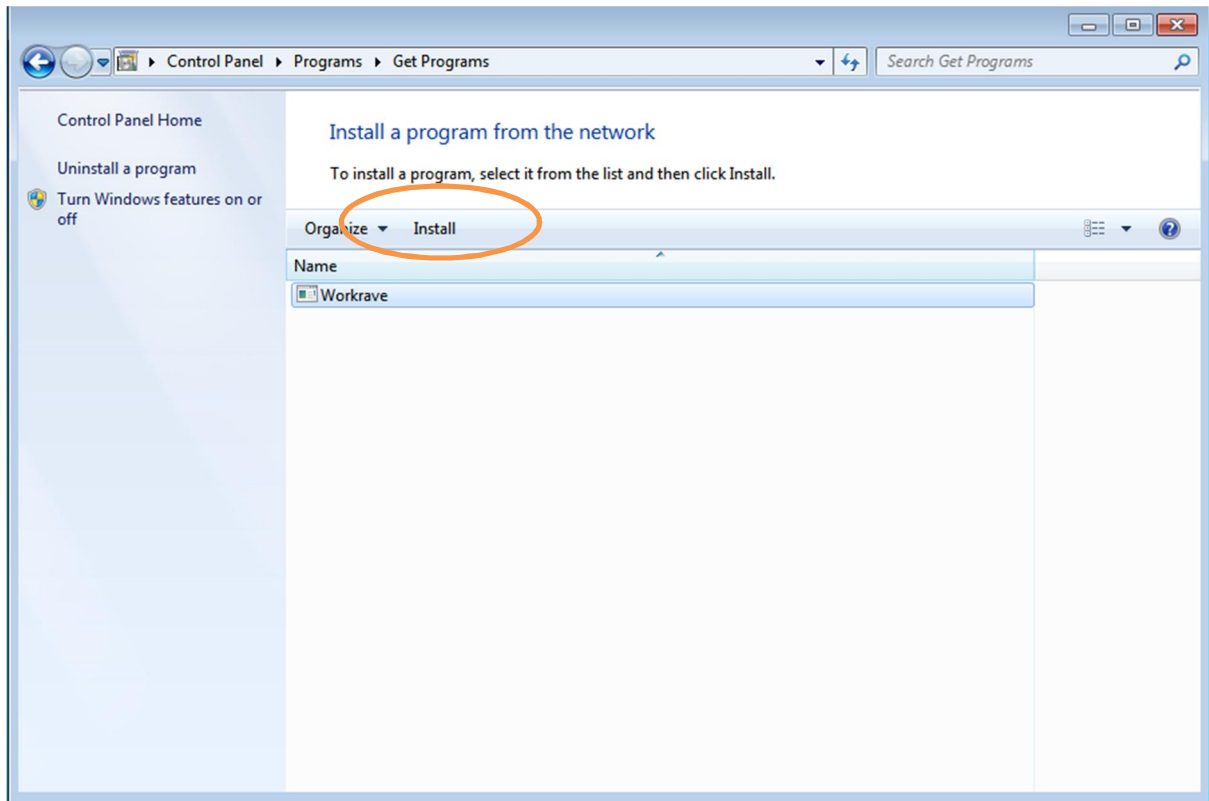
Click on the Start Menu > Control Panel



Select 'Get programs'. If the 'Get Programs' option is not available, ensure that **View By: Category** is selected.



Select Workrave from the list and click 'Install'



When the Workrave application appears, the application has been installed.

