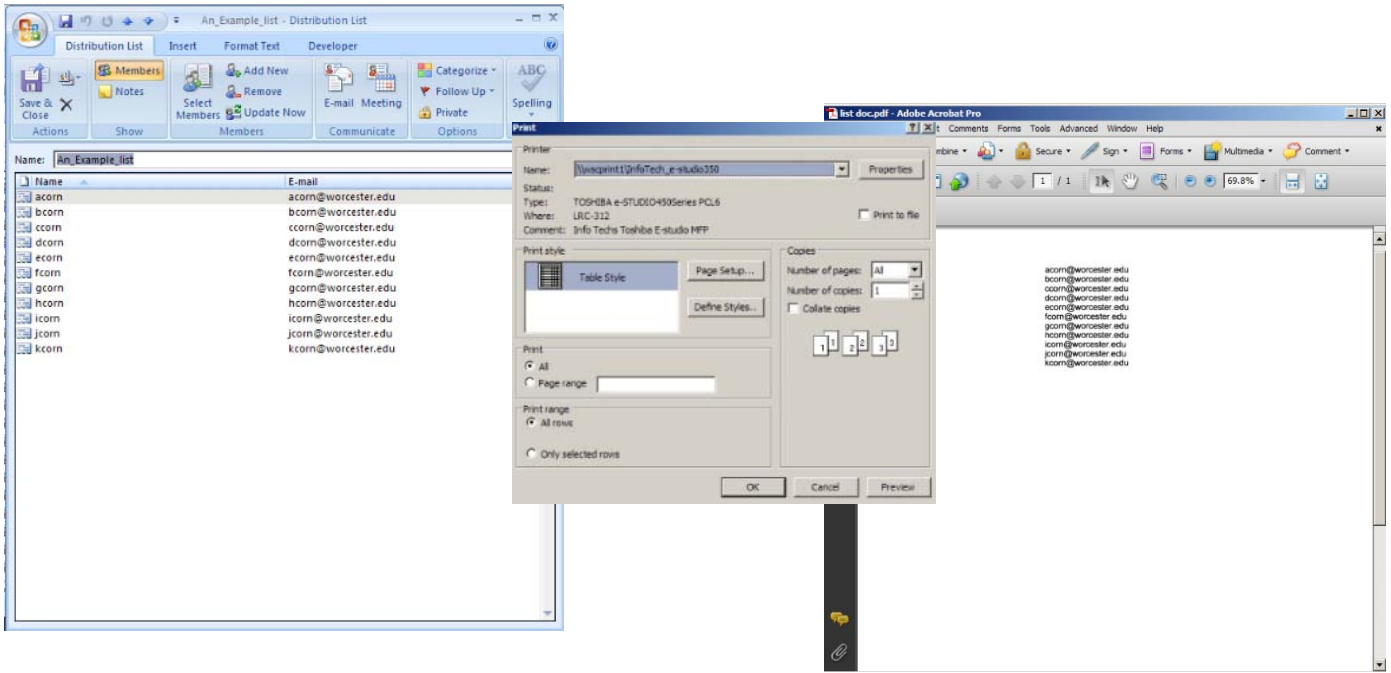
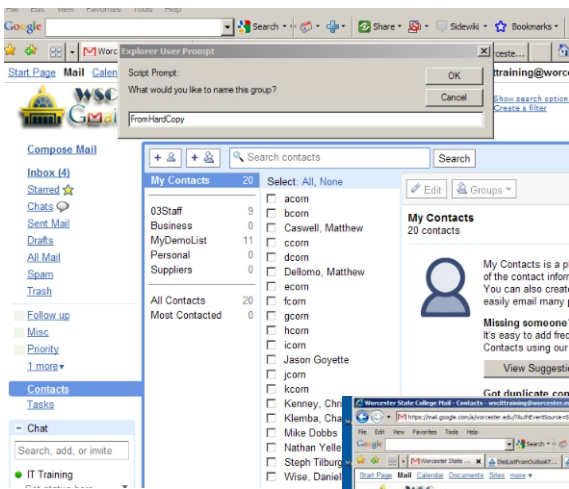


Outlook Distribution List to Gmail – A Simple Solution

In outlook open your Distribution list and send it to print.



Now log in to your Gmail account and choose your contacts.



Clicking on the Group Icon (second icon in upper left hand corner), will open the what would you like to name you group window. Type in a name. Now select the contacts you wish to include in your group. On the right hand side you will see the Lable Group which is a pull down menu. Choose the group you wish to add these contacts to. That is it.

