[https://docs.anaconda.com/anaconda/install/windows/](https://docs.anaconda.com/anaconda/install/windows/" \t "_blank)

Start Anaconda Navigator,   click the Environments panel at the left and click the env you want to work with (you could create a new one here).

Go back to Home, and look for Jupyter Notebook, you will see either install or launch.  Once you install it and you can launch Jupyter Notebook with this environment.

If you  want to create an environment or install a package to the environment, do the following:

Open a windows  Anaconda Prompt,

To create  env:   conda create  myenv   (you may also use Navigator to create a new environment)

To access env:    conda activate myenv,

Now you can install packages to this evn:   pip install