Change email address for another WordPress user

1. Sign in to WordPress Admin (http://workhealthandfitnessrecord.com.au/wp-admin).
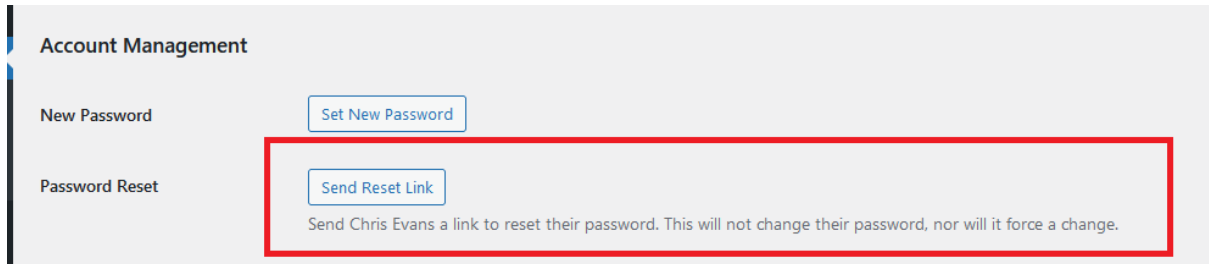2. On the left-side menu, select Users.
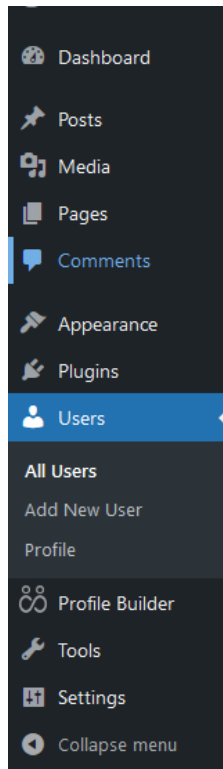
3. Select the username for the user you want to update.
4. Scroll down to the Contact info section.
5. Next to Email (required), change the email address for that user.

6. Scroll to the bottom of the page and select Update User.

The updated user can now sign into the WordPress dashboard with the new email address or use it to reset their WordPress password.

If you would like to send a password reset link, click the 'Reset Password' button after you have click 'Update User'.