Clicking the site meeting link will either say or
If it says Join the meeting using your web Browser then Click the “Join the meeting using your web browser” and it should go through the next few screens.

First Screen

Second Screen (click Join as guest and enter name)

Final Screen (click Ok)
If your browser says at least Microsoft Silver Light 4.0 at least is required (click there and it will step you though installing SilverLight.

Step 1. (click download and install SilverLight)

Step 2. (click Run)  Step 3. (click run)

Step 4(Click Install Now)

Step 5 (Selecting Enable Microsoft Update is optional, but then click next.)

Step 6. (click Close)

Now follow the screens above about joining with your web browser.