

WALK'N'ROLL 20 for 20

As you know, we're taking Walk'n'Roll online this year. That means your social media profiles are going to be more important than ever.

So spread the word!

Here's how you can help make our very first virtual Walk'n'Roll a success:

- Take a picture or video of yourself engaged in your activity or exercise.
- Upload it to your Facebook or Twitter account (instructions below).
- Add the hashtag #walknroll.
- Tag us - @marchofdimescda.
- Include our Walk'n'Roll website so everyone who sees the post can participate or donate.
www.marchofdimes.ca/walknroll

Uploading a photo or video to Facebook

- Take your photo or video.
- Log into your Facebook account.
- Find the box that says **Create Post** at the top of your profile.
- Click on **Photo/Video**.
- Click on the location on your computer where the photo or video you want is saved.
- Click on the photo or video you want to post.
- Write your message.
- Click **Post**.

Uploading a photo or video to Twitter

- Take your photo or video.
- Log into your Twitter account.
- Click the blue button that says **Tweet** in the lower left part of your profile.
- Click on the first icon at the lower left of the window that appears.
- Click on the location on your computer where the photo or video you want is saved.
- Click on the photo or video you want to post.
- Write your message.
- Click **Tweet**.

Connect with us

Don't forget to tag us so we can share and like your posts!

- Facebook: @marchofdimescda
- Twitter: @marchofdimescda
- LinkedIn: @marchofdimescda
- Instagram: @marchofdimescda

Sample Posts

Need some inspiration for your posts? Here are some suggestions to make things easy!

Post #1

#WalknRoll for @marchofdimescda! Take the 20 for 20 challenge with me and raise money for #AfterStroke and #ACDP! www.marchofdimes.ca/walknroll

Post #2

It's time to #walknroll for @marchofdimescda! Join me and support #strokesurvivors across Canada! Find out more here: www.marchofdimes.ca/walknroll

Post #3

I'm doing @marchofdimescda's #walknroll challenge to support #stroke survivors and people living with #aphasia! Join me: www.marchofdimes.ca/walknroll

You can also post content directly to your profile. Here's some suggested language – and be sure to include our hashtag - #ConquerTheCurve