



#TCHearWalk

VIRTUAL Twin Cities Heart Walk - May 16, 2020

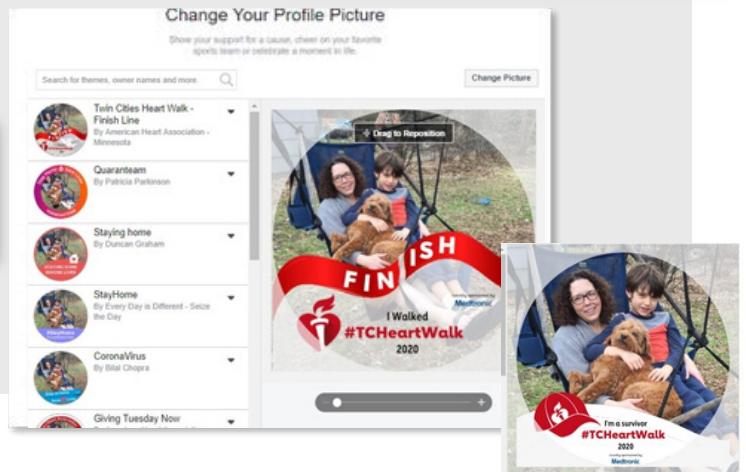
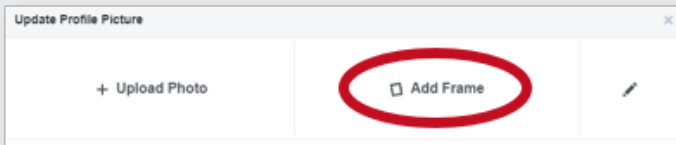
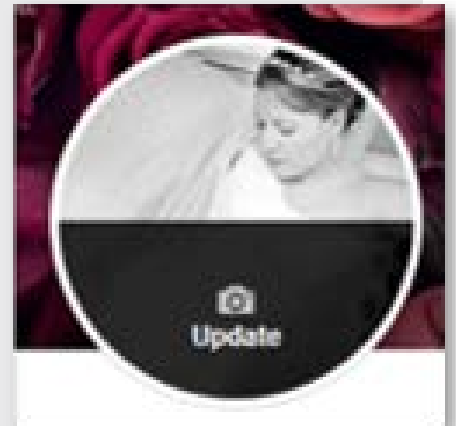
Collect Your Virtual Survivor "Red Hat" or "Finish Line" frame

Sponsored Locally by: **Medtronic**

Show all your friends and family how you "walked the walk" for healthier, longer lives with the #TCHearWalk by updating your Facebook Profile with a Photo Frame!

Here's how:

1. Hover over your profile photo and select **"Update"**
2. Select **"Add Frame"**
3. In the search box, type in **"Twin Cities Heart Walk - Survivor Hat"** OR **"Twin Cities Heart Walk - Finish Line"**
4. Select the appropriate frame
5. Drag to reposition your profile picture if needed
6. Select Timeframe from the drop down when you want to switch back to your previous profile picture.
7. Select **"Use as Profile Picture"** to save!



American Heart Association.
Heart Walk.

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QUESTIONS?
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www.TwinCitiesHeartWalk.org