

YOUR 'THE MAY 50K' FACEBOOK FRAME



Step One:

Go to www.facebook.com/profilepicframes

Step Two:

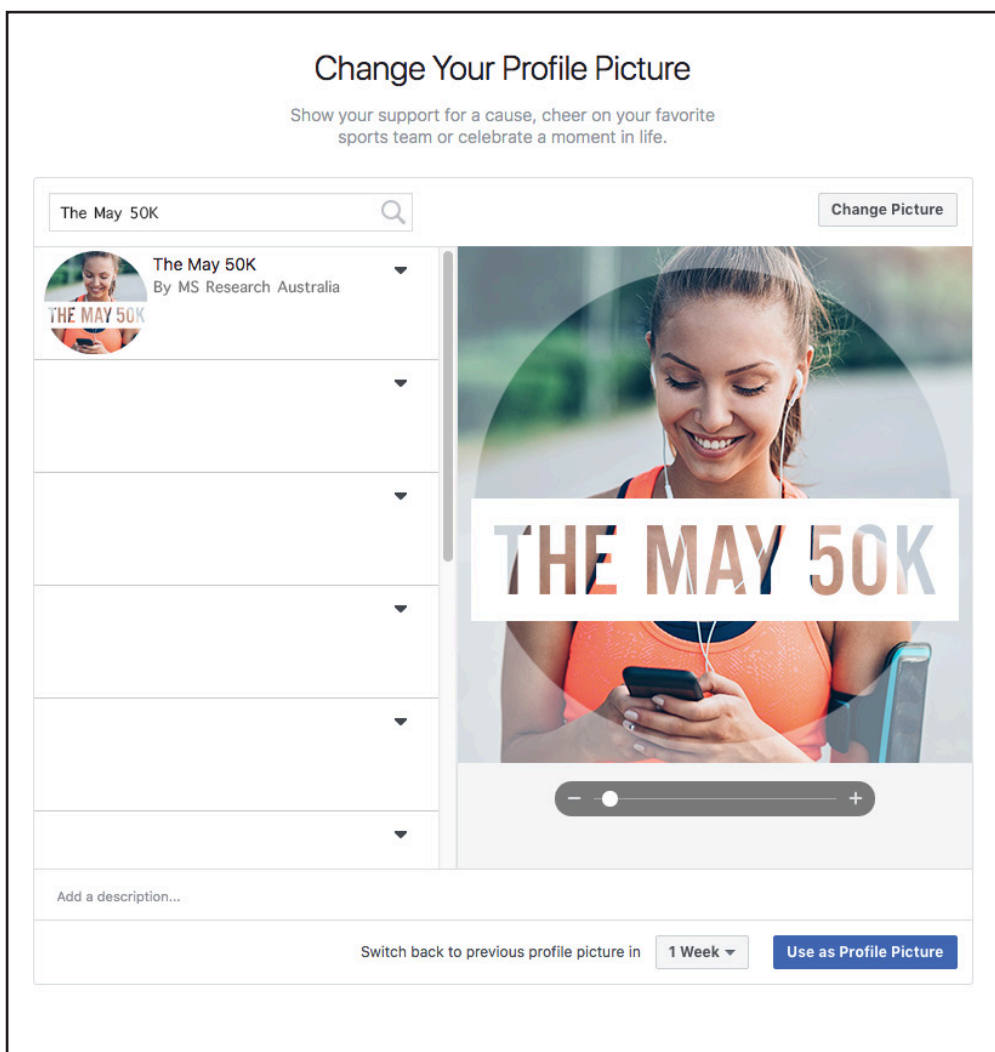
Search for The May 50K by MS Research Australia

Optional: Write your own post copy

I.e. "This May I'm going to complete 50km to raise money for MS research. Every kilometer I clock is a step closer to finding a cure for multiple sclerosis. Support me by donating [here](#) <insert fundraising page>. Or join me! Every step counts. This May I'm leaving my limits behind. #KissGoodbyeToMS #MSResearch"

Step Three:

Change length from a week to a month and click 'Use as Profile Picture' to update.



#KissGoodbyeToMS