



## Sharing your Walk

**Do you want to share your walk with your friends and family? We have put together some tips to help you out!**

### **Option 1: Livestream your Walk**

You are able to add a livestream link to your participant page so your friends and family can tune in to your walk. This would be a live feed of you actually completing your walk and would also allow you to collect more donations while you are walking. We have compiled detailed instructions if this is something that you would like to do. If you have any questions about setting this up, contact Erin Pierce at [erin.pierce@lhsc.on.ca](mailto:erin.pierce@lhsc.on.ca) or 519-685-8711.

Once you have this set up, just email your network the link to your Fundraising Page so they can tune in.

**[GET THE INSTRUCTIONS HERE](#)**

### **Option 2: Upload Images or Videos to your Participant Page**

You can also upload images to your participant page after you have completed your walk (or during). Here are the steps on how to do that:

### **To Add Photos:**

1. Log in to your Personal Page
2. Click on 'Your Page' in the top left-hand corner
3. Scroll down to where it says 'Your Story' and click the Pencil icon on the right-hand side
4. Click the photo icon (third from the right), then add your image

### **To Add Video:**

1. Upload your [video to YouTube](#) and copy the URL.
2. Follow Steps 1-3 above
3. Click on the video camera icon (far right) and past the YouTube URL for your video

### **Option 3: Share on Social Media**

You can also upload photos and videos to your social media profiles as you are completing your walk or afterwards. Be sure to use #myelomawalkofchampions and tag LHSF (@LHSFCanada).