Four important tips for sharing your Kidney Walk *LaceUp* pride on social media

**IMAGES ARE KEY**
Share photos or videos of yourself getting ready to *LaceUp* or out on your walk.

**MAKE IT PUBLIC**
Make post public instead of only shared with friends.

**TAG US**
Tag @NKF to help us see and share it.

**USE HASTAGS**
Use #KidneyWalkLaceUp to show the nation how you *LaceUp* for kidney patients in your community.