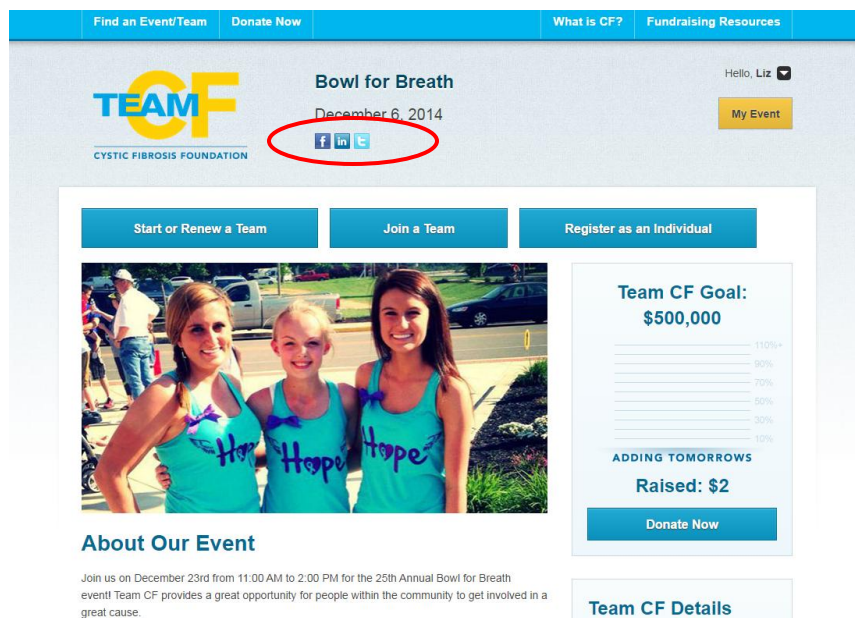



Social Media and Sharing Tips

One of the easiest and quickest ways to get support and donations for your Team CF event is to share your personal page with your friends and family. You can use social media tools: Facebook, Twitter and LinkedIn, to post a status update about your participation in Team CF.



Find an Event/Team Donate Now What is CF? Fundraising Resources


Hello, Liz  [My Event](#)

TEAM CF
CYSTIC FIBROSIS FOUNDATION

Bowl for Breath
December 6, 2014

[f](#) [in](#) [t](#)

[Start or Renew a Team](#) [Join a Team](#) [Register as an Individual](#)



Team CF Goal:
\$500,000

110%+
90%
70%
50%
30%
10%

ADDING TOMORROWS
Raised: \$2

[Donate Now](#)

About Our Event

Join us on December 23rd from 11:00 AM to 2:00 PM for the 25th Annual Bowl for Breath event! Team CF provides a great opportunity for people within the community to get involved in a great cause.

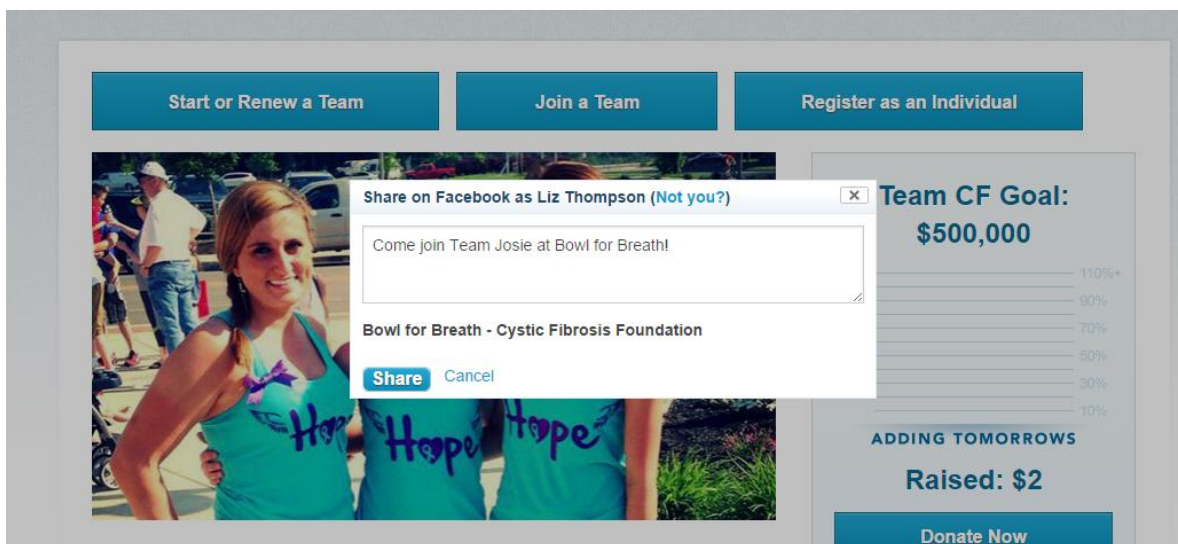
[Team CF Details](#)

Facebook

Post a status update to share with friends and family to help raise support for your participation in a Team CF event. Your update will contain a link to your event personal page.

To Post a Status Update to Facebook:

1. Log in to the Team CF website, click on the **My Events** button to gain access to your Participant Center
2. On the top right side of the page, click the Facebook icon and the following box will pop up



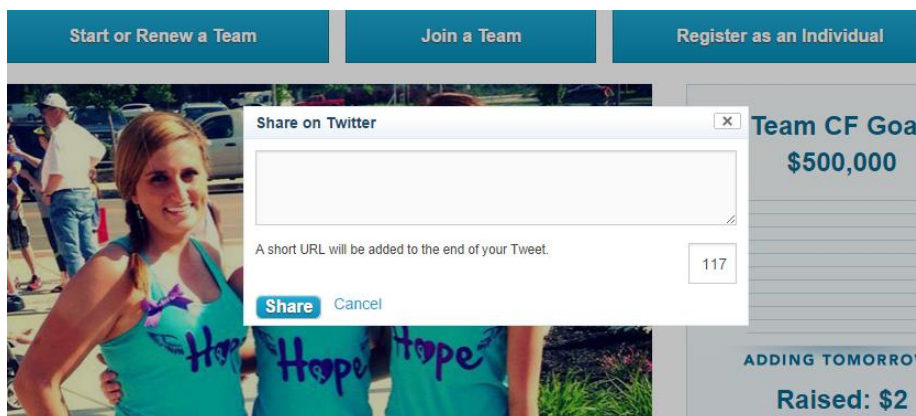
3. Enter your message.
4. Click **Share**.
 - a. You may be prompted to log into your Facebook account.
 - Enter your username and password.
 - Click **Allow Access** to share your message.
5. The message will post on your Facebook timeline.

Twitter

You have 116 characters to use to tweet about your participation in a Team CF event. A link to your personal page will be added at the bottom of the tweet.

To Post a Tweet to Twitter:

1. Log in to the Team CF website, click on the **My Events** button to gain access to your Participant Center
2. On the top right hand side of the page, click the Twitter icon and the following box will pop up



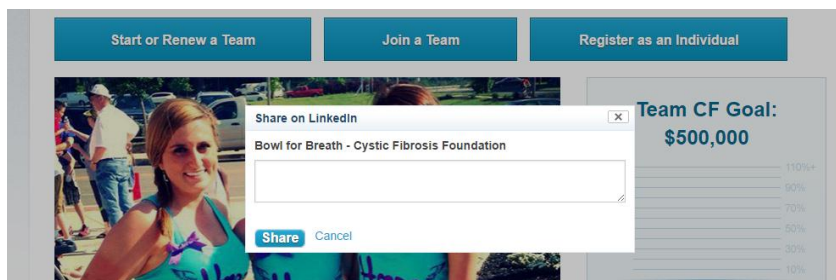
3. Enter your message.
4. Click **Share**.
 - a. You may be prompted to log into your Twitter account and allow the Cystic Fibrosis Foundation to post tweets to your account.
 - Enter your username and password.
 - Click **Allow Access to share your message**.
5. The message will post on your Twitter feed.

LinkedIn

You can share your story with all members of your network to help raise awareness and support for your participation in a Team CF event. A link to your personal page will be added to the end of your update.

To Share on LinkedIn:

1. Log in to the Team CF website, click on the **My Events** button to gain access to your Participant Center
2. On the top right hand side of the page, click the LinkedIn icon and the following box will pop up



3. Enter your message.
4. Click **Share**.
 - a. You may be prompted to log into your LinkedIn account and allow the Cystic Fibrosis Foundation to post your message
 - b. Enter your username and password.
 - c. Click **Allow Access to share your message**.
6. The message will appear as a status update.

Use the social media tools to keep friends and family updated on your progress. It's a great way to raise funds and support for your Team CF event.