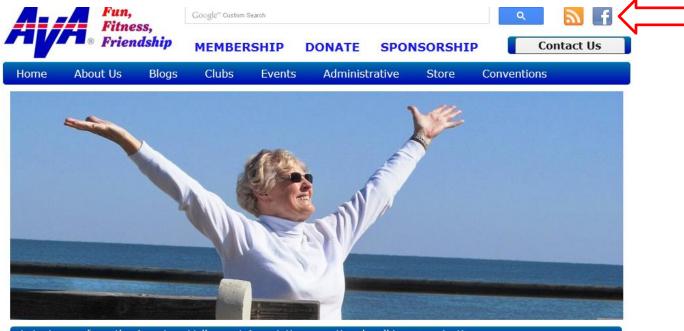
## **AVA Facebook Instructions**

Visit our AVA website www.ava.org. Click on the Facebook icon "f"



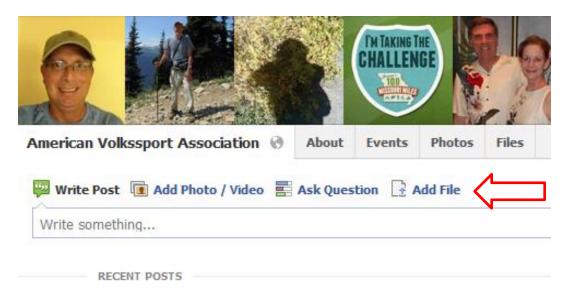
Latest news from the American Volkssport Association, a national walking organization

If you already have a Facebook account, simply *log in*. If you do not, simply *sign up for Facebook*. You will need to provide an email address or phone number, and select a password.

## facebook sign up

Facebook Login		
You must log in to see this page.		
Email or Phone: Password:	Keep me logged in Log In or Sign up for Facebook	<u> </u>
	Forgot your password?	<b>/</b>

Once on the American Volkssport Association Group Facebook page https://www.facebook.com/groups/AmericanVolkssportAssociation/events/, you and your club may *write a post, add photo or video, ask questions* or *add files*.



You and your club may also create an *event posting*, *upload photos* or *upload a video*, or *create a document* or *upload a file*.

