



## Promote your fundraising on Facebook

1

Post a photo in your free Cancer Research UK t-shirt



2

Post your online Giving Page link in the comments.  
More people will see it this way!



3

Tag three friends who might like to take part with you

### Join our Facebook community

Meet other swimmers, share top tips and motivate each other through the month by joining our [Swim 20k Challenge Facebook group](#).

