



Thank you for joining us in our efforts to help spread the word about the RLS Foundation!

Below are the step-by-step instructions to help you get started. Please let us know if you need additional help by emailing [rlsfoundation@rls.org](mailto:rlsfoundation@rls.org). [Link= mailto: rlsfoundation@rls.org]

### **What is Facebook?**

Millions of people use Facebook everyday to keep up with friends, upload an unlimited number of photos, share links and videos, and learn more about the people they meet.

- More than 200 million active users
- More than 100 million users log on to Facebook at least once each day
- More than two-thirds of Facebook users are outside of college
- The fastest growing demographic is those 35 years old and older

### **How to get started on Facebook**

1. If you do not have a Facebook account, go to [www.facebook.com](http://www.facebook.com) and sign up. There are instructions on how to create your profile on the website.
2. Once you have created a personal Facebook profile, type in "RLS Foundation" in the search box in the blue bar at the top right of the page and hit enter.
3. The RLS Foundation will be the first choice in the return list. Click on "RLS Foundation".
4. Once on the RLS Foundation page comes up, click on the "become a fan" link under the RLS graphic on the left side of the page.
5. You can now post messages on the RLS Foundation's wall, join a discussion, check out the latest news form the rls.org newsfeed, see upcoming events or check out the latest photos.
6. Share the RLS Foundation page with friends, family and colleagues.
  - a. Once you connect with others and collect "friends" on Facebook, you can use the "suggest to friends" link under the RLSF graphic to suggest the RLS Foundation page to others. Click the "suggest to friends" link. A box will come up with a list of your friends. Check all your friends that you think may be interested and then click the "send invitation" button.
  - b. If you do not have a friend list on Facebook, you can still send people to the page by encouraging them to set-up a free Facebook account, and then follow the directions above.

### **What is LinkedIn?**

LinkedIn's mission is to connect the world's professionals to make them more productive and successful. They believe that in a global connected economy, your success as a professional and your competitiveness as a company depends upon faster access to insight and resources you can trust.

- LinkedIn has over 43 million members in over 200 countries and territories around the world.
- A new member joins LinkedIn approximately every second, and about half of our members are outside the U.S.
- Executives from all Fortune 500 companies are LinkedIn members.

### **LinkedIn Directions**

1. If you do not have a LinkedIn account, go to [www.linkedin.com](http://www.linkedin.com) and register. It is a business networking site and the registration process requires a little more information.
2. After you have registered, from your LinkedIn homepage go to the top of the page. In the drop down box at the top right of the page, use the pull down menu and select "Search Groups".
3. In the search box next to the drop down box type in "The RLS Foundation" and click search.
4. The RLS Foundation will come up and to the right of the name click on "Join this Group".
5. When you get to the confirmation page click on "Join Group". You are now a member of the RLS Foundation group.
6. If you would like to share this group with others, click on the group name. Under the graphic, click on "share". When you get the form click on the icon at the end of the "To" field. Your LinkedIn contact list will come up and you can check off up to 50 names to send an invitation. Once you've selected the names of recipients, click "Send".

We hope you choose to link your online world with ours as we strive to move forward in our mission to spread awareness, better treatments and find a cure.