**How to Use the HoFH Awareness Day Profile Picture Frame 🌟**

1. **Click on the Link:**
   1. Use the link to open the **HoFH Awareness Day Profile Picture Frame** template directly ⬇️

[**https://www.canva.com/design/DAGjSFAZg4M/skLzCshJsQVgZ0aKd8F6IA/view?utm\_content=DAGjSFAZg4M&utm\_campaign=designshare&utm\_medium=link&utm\_source=publishsharelink&mode=preview**](https://www.canva.com/design/DAGjSFAZg4M/skLzCshJsQVgZ0aKd8F6IA/view?utm_content=DAGjSFAZg4M&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

1. **Log in to Canva:**
   1. If you aren’t logged in, you’ll be prompted to do so.
   2. You can use an existing account or create a new one for free.
2. **Customize the Frame:**
   1. Click **"Use template"** to open it.
   2. Replace the placeholder image with your own photo by clicking on **"Uploads"** and selecting your file.
   3. Adjust the size and positioning to fit perfectly within the frame.
3. **Save and Download:**
   1. Click on **"Share"** and select **"Download"**.
   2. Choose the format (PNG or JPG recommended for social media).
4. **Update Your Profile Picture:**
   1. Go to your social media account (Facebook, Instagram, LinkedIn, etc.).
   2. Upload the new image as your profile picture.

If you have any trouble using the template, just reach out to [chyrel@fheurope.org](mailto:chyrel@fheurope.org) and attach your image to the email and we will send you your "I Support HoFH Awareness Day" profile picture. 💬