

# Oxalosis & Hyperoxaluria Foundation



## Making Your Facebook Frame!

See how to make your Facebook frame in the OHF video available [here](#)!  
Written instructions below:

1. Open the [OHF Canva template](#)
  - a. You will be required to log in. It is free to make a Canva account, and you are able to log in with google if preferred.
2. Make sure that you have your profile picture image saved in an accessible location as a .jpeg or .png
3. On the menu on the left in Canva, click the upload icon, and then either choose “upload files” or just drag and drop! Your image will appear in the uploads menu.
4. Insert your image by clicking on your image from the menu on the left and dragging and dropping it onto the template.
5. Now have fun and make sure that you like the size and location of the picture!
6. Then, right-click on the image, and choose “send to back”. Make sure that you like this final profile picture!
7. Click “share” on the top right, and then “download”. Save your profile picture.
8. Upload this image as you would usually upload a profile picture on Facebook, and know that you are making a difference to spread the word about hyperoxaluria!