



## How to add a Heart Math Tutoring Frame to your Facebook Profile Photo:

1. Follow [Heart Math Tutoring](#) on Facebook
2. Go to your own Facebook profile and click on your profile photo
3. Select "Update Profile Picture"
4. Select "Add Frame"
5. Search "Heart Math Tutoring"
6. Select "Tutor with Heart 2021"
7. Select "Use as Profile Picture"
8. You're all done! Thank you for spreading the word about Heart Math Tutoring!

Questions? Contact Mary Davies at [mary.davies@heartmathtutoring.org](mailto:mary.davies@heartmathtutoring.org)