

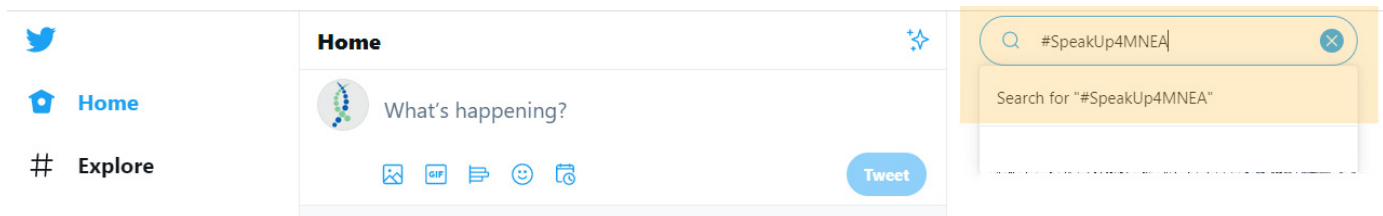


### What Is a Twitter Chat and How Do I Participate?

Twitter chats are conversations that occur on Twitter at a specific date and time on a certain topic. PPMNE will be hosting one on **Wednesday, June 16 at 1pm ET**. Every Twitter chat has a hashtag, which allows anyone on Twitter to follow and become a part of the conversation. **Ours is #speakup4mnea.**

**Step 1:** Log into your Twitter account (or set up free account at Twitter.com)

**Step 2:** In the search bar at top right, type #SpeakUp4MNEA (or #speakup4mnea) and hit Return.



**Step 3:** When you get the search results, click on LATEST



The #SpeakUp4MNEA Twitter chat will be led by moderators who ask questions to engage the community. If you have a question or comment to add, type a tweet and include the hashtag #SpeakUp4MNEA. Please note that you must include the hashtag for other chat participants to see your tweets.

For example: Hi, I rely on medical nutrition to survive, and I'm here to #SpeakUp4MNEA.

You will see new tweets appear on that results page throughout the chat (including your own tweets).

Don't see anything new?

Click SEE NEW RESULTS at the top of the page!

