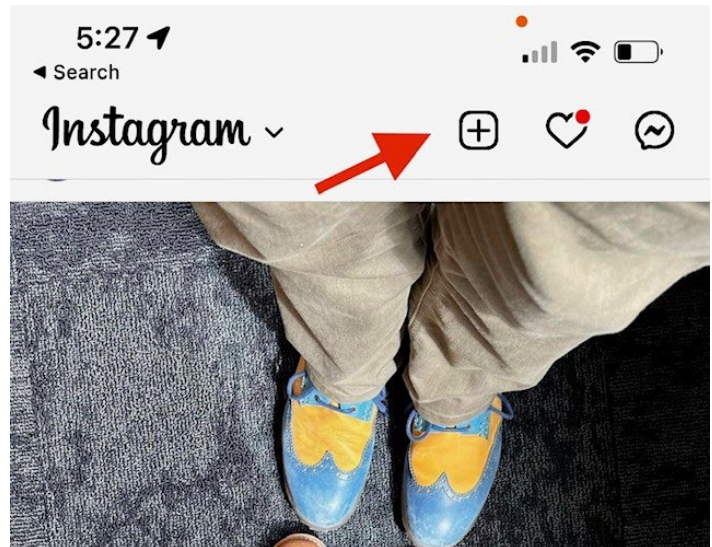




How to post on Instagram in 5 easy steps!

Download Instagram App (make sure you have adjusted privacy settings to allow access to your camera images and to allow others to see your posts!)

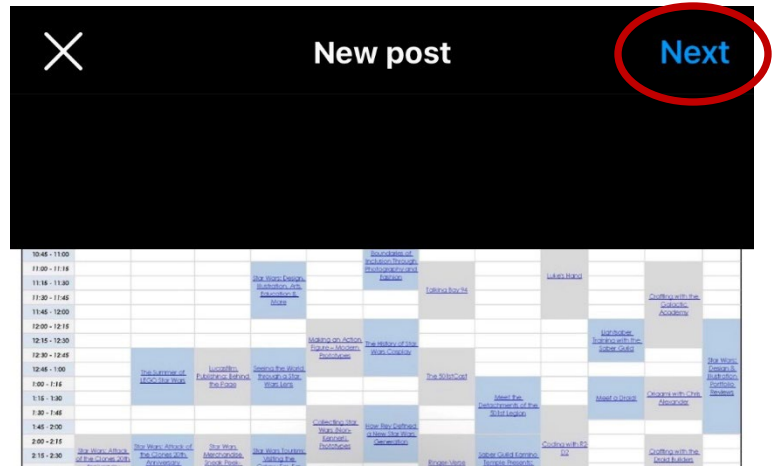
- 1) Hit the + sign in the top right hand corner



- 2) Select "Post"



3) Select an image from your photo library, hit NEXT (top right hand corner)



4) (optional) Select a Filter, hit NEXT

5) Write a caption, hit "add tag" and type in nanosneurop, or any other friends and hit DONE!

