# Promoting your activities on the RED January Activity Finder
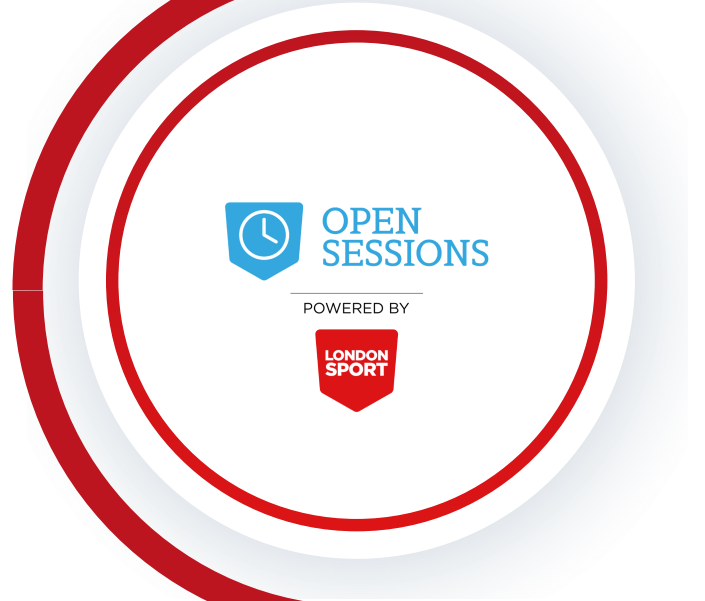
RED January is a nationwide movement for mental wellbeing. This step-by-step guide will show you how to promote your activities to our community for free.

## STEP 01
### Sign up for Open Sessions

Visit opensessions.io and register for a free account, this only takes a couple of minutes.

More info on this step is here

## STEP 02
### Upload your sessions

Add your organisation details and then your session information like times, prices and more.

More info on this step is here

## STEP 03
### Promote your session

After uploading session information and publishing, your sessions will be promoted on the RED January Activity Finder

Which you can see here

## STEP 04
### Share with others

Please share this with other activity providers in your network who would like to reach more people who are looking to be active.

**For more info, please contact hello@redtogether.co.uk**