**A pink text with rays of light

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Description automatically generatedSocial Media Planner**

**Living Well Self Care Week Events - Tues 14th & Thurs 16th November 2023**

Graphics for these events are available in the following languages:   
Czech / English / Polish

|  |  |  |
| --- | --- | --- |
| **Channel** | **Message** | **Image** |
| Twitter | 👋 Come and meet the Living Well team!  We’re offering FREE health checks to celebrate #SelfCareWeek @AiredaleSC  📌 Tues 14 Nov from 11-3pm.  General Health/Physical Activity Referral/Help to Stop Smoking/Blood Pressure Checks/Managing Your Weight & more! [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) | A pink and white card with text and images  Description automatically generated |
| Facebook | 👋 Come and meet the Living Well team!  We’re offering FREE health checks to celebrate #SelfCareWeek @AiredaleShoppingCentre  📌 Tues 14 Nov from 11-3pm.  🔹 General Health Advice  🔹 Physical Activity Referral  🔹 Help to Stop Smoking  🔹 Blood Pressure Checks  🔹 Managing Your Weight & more!  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) | A poster for a health check  Description automatically generated |
| Insta | 👋 Come and meet the Living Well team!  We’re offering FREE health checks to celebrate #SelfCareWeek @AiredaleShoppingCentre  📌 Tues 14 Nov from 11-3pm.  🔹 General Health Advice  🔹 Physical Activity Referral  🔹 Help to Stop Smoking  🔹 Blood Pressure Checks  🔹 Managing Your Weight & more!  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)  #health #keighley #selfcare #stopsmoking #bloodpressure #healthylifestyle #healthyliving | A poster for a self care team  Description automatically generated |
| ALT Text | Come and meet the Living Well team! To celebrate Self Care Week 2023 we are offering FREE health checks: General health advice, physical activity advice, help to stop smoking, blood pressure checks, managing your weight. Airedale Shopping Centre Keighley. Tuesday 14 November 11-3pm www.mylivingwell.co.uk | |
| Twitter | 👋 Come and meet the Living Well team!  We’re offering FREE health checks to celebrate #SelfCareWeek @TheBroadwayBrad  📌 Thurs 16 Nov from 11-3pm.  General Health/Physical Activity Referral/Help to Stop Smoking/Blood Pressure Checks/Managing Your Weight & more! [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) | A poster for a health check  Description automatically generated |
| Facebook | 👋 Come and meet the Living Well team!  We’re offering FREE health checks to celebrate #SelfCareWeek @BroadwayShoppingCentre  📌 Thurs 16 Nov from 11-3pm.  🔹 General Health Advice  🔹 Physical Activity Referral  🔹 Help to Stop Smoking  🔹 Blood Pressure Checks  🔹 Managing Your Weight & more!  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) | A poster for a health check  Description automatically generated |
| Insta | 👋 Come and meet the Living Well team!  We’re offering FREE health checks to celebrate #SelfCareWeek @BroadwayShoppingCentre  📌 Thurs 16 Nov from 11-3pm.  🔹 General Health Advice  🔹 Physical Activity Referral  🔹 Help to Stop Smoking  🔹 Blood Pressure Checks  🔹 Managing Your Weight & more!  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)  #health #keighley #selfcare #stopsmoking #bloodpressure #healthylifestyle #healthyliving | A poster for a charity event  Description automatically generated |
| ALT Text | Come and meet the Living Well team! To celebrate Self Care Week 2023 we are offering FREE health checks: General health advice, physical activity advice, help to stop smoking, blood pressure checks, managing your weight. Broadway Shopping Centre Bradford. Thursday 16 November 11-3pm www.mylivingwell.co.uk | |