**A pink text with rays of light

Description automatically generatedSocial Media Planner - Living Well New Year’s Resolution Campaign - January 2025**

**Please tag @MyLivingWell1 on all platforms**Graphics are available to download from the toolkit here: https://myliving well.co.uk/resources/toolkits/

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| **Platform** | **Message** | **Image file name** |
| **31 December 2024** | | |
| Twitter Gen Health | 📢 Ready to make your New Year’s resolution?  Put yourself 1st & improve your health & wellbeing!  Make #2025 your year!  Find out about: eating well/physical activity/alcohol/family health & more!  Visit <https://mylivingwell.co.uk/> to get started!  #HappyNewYear @MyLivingWell1 | General health animation landscape Resolution 1 |
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| ALT Text | General health landscape / square Bfd event day Ready to improve your health and wellbeing? Don’t know where to start or need some motivation? Come and see us on Thursday 9 January! 10-2pm at Broadway Shopping Centre, Bradford. We can help with: Eating well/Physical activity/Alcohol/Mental Wellbeing/Quitting Smoking/Long term conditions/Family health/& more. Make 2025 your year! Call: 01274 438884 or visit: mylivingwell.co.uk  General health static landscape / square Bfd pre event day  Want to improve your health and wellbeing? Not sure where to start or need some help with motivation? Come and see us Thursday 9 January! 10-2pm at Broadway Shopping Centre, Bradford. mylivingwell.co.uk  Quit Smoking animation landscape / square Bfd pre event  If you’re a smoker, make this year the year you quit for good! Come and see us on Thursday 9 January! 10-2pm at Broadway Shopping Centre, Bradford. With our FREE service you get: 1:1 support, prescribed NRT medications, FREE 12 week vape kits. Even if you’ve tried to quit before. This time... You CAN quit! We CAN help! Choose what works for you... Appointments face to face or over the phone. Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  Quit Smoking static landscape / square Bfd pre event day If you’re a smoker, our FREE service can help you to quit for good! You CAN quit! We CAN help! Come and see us on Thursday 9 January. Broadway Shopping Centre, Bradford 10-2pm. mylivingwell.co.uk | |
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