



SOCIAL MEDIA



Post 2-3 times per day on your social channels. Include pictures & videos. The graphics below can be customized through Canva or used as designed.



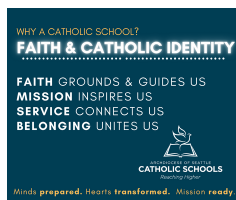
BANNER

[Canva Link](#) to customize
[PNG of graphic to use as designed](#)



MONDAY

[Canva Link](#) to customize
[PNG of graphic to use as designed](#)



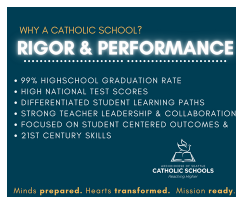
TUESDAY

[Canva Link](#) to customize
[PNG of graphic to use as designed](#)



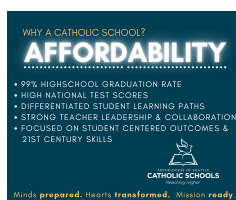
WEDNESDAY

[Canva Link](#) to customize
[PNG of graphic to use as designed](#)



THURSDAY

[Canva Link](#) to customize
[PNG of graphic to use as designed](#)



FRIDAY

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