

## Sample Posts to Promote The Good Life on Social Media

### The Good Life Social Tags:

Facebook - **@goodlifehealthyaging**

Instagram - **@goodlifehealthyaging**

YouTube - **@goodlifehealthyaging**

### Hashtags to Use:

- **#thegoodlife #oakland #UCDavisAlzheimersDiseaseCenter #EastBay #healthyaging #alzheimerseducation #alzheimersawareness #healthyaging #exercisethome #cookingclass #pilatesclass #danceclass #onlineclass**
- Feel free to add other relevant ones for your post!

**\*Have fun with the language and hashtags. Please customize to your voice 😊\***

## Lead Up to the Class Promo

### **#1 Facebook**

[Insert Flyer Provided or Your Own Image of You Working Out]

I've signed up for [INSERT CLASS NAME]. I love this class because [INSERT REASONS WHY YOUR FRIENDS SHOULD JOIN]. Join me in the class, it's free!

"The Good Life," is a series of free online exercise and healthy aging events for all interested in keeping their minds and bodies in shape. Created by UC Davis School of Medicine, in partnership with the City of Oakland and sponsored by the California Department of Public Health.

Register for this free online class at <https://thegoodlifepath.org/>

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### **#1 Instagram**

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## **#2 Facebook**

[Insert Flyer Provided or Your Own Image of You Working Out]

I've been attending [INSERT CLASS NAME] for [INSERT PERIOD OF TIME] and this class has changed my life by [INSERT HOW THE GOOD LIFE POSITIVELY IMPACTED YOUR LIFE]. Join me every [INSERT DAY AND TIME OF CLASS], it's free!

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## Day Of Class Promo

### Instagram Stories:

- These are quick, fun invites and are perfect for when you're getting ready for the class to attract / remind your social following to meet you in the class.
  - Example) "I'm getting ready to work out with @thegoodlifepath's free online class [INSERT CLASS NAME]. Join me now by registering at thegoodlifepath.org!"
- Tag us @thegoodlifepath to ensure our page sees your story and reposts your story.

## How To Resources

- How to Post to Facebook  
<https://www.facebook.com/help/1640261589632787>
- How to Post to Instagram <https://help.instagram.com/442418472487929>
- How to Post to Instagram Story  
[https://help.instagram.com/1660923094227526/?helpref=hc\\_fnav](https://help.instagram.com/1660923094227526/?helpref=hc_fnav)
- How to Post a Video / Reel to Instagram  
[https://help.instagram.com/270447560766967/?helpref=hc\\_fnav](https://help.instagram.com/270447560766967/?helpref=hc_fnav)
- How to Go Live on Instagram  
[https://help.instagram.com/272122157758915/?helpref=hc\\_fnav](https://help.instagram.com/272122157758915/?helpref=hc_fnav)