**Posting a Vitality pre-approved social media post**

* Save the image and upload to your preferred social media channel
* Copy and paste the wording of your choice as a caption into your preferred social media channel
* Use #VitalityEA. If you post on LinkedIn, make sure to tag @VitalityAdviser
* Check how your post performed throughout the day

A person sitting cross legged with crossed legs

Description automatically generatedA person in a pink shirt and black pants stretching

Description automatically generated

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The Vitality Coaches are offering monthly Wellbeing Webinars to introduce simple ways to lead a healthier and happier life. To get involved contact <EA contact details> for more information. 🧘‍♀️

#VitalityEA @VitalityAdviser