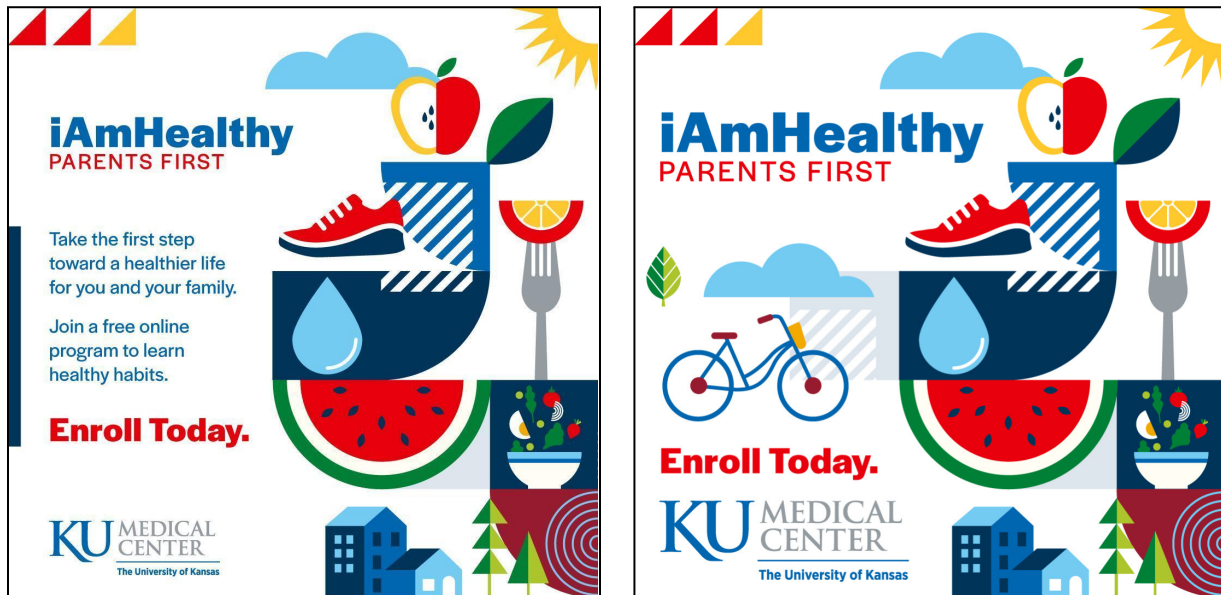


SOCIAL POSTS

Sample Social Media Posts and Graphics

Social Media Graphics (for all channels):

Note: The .JPG version of the images seen below are available via the download materials.



Sample Instagram/LinkedIn Post:

Join the iAmHealthy Parents First study to learn skills for a healthier family lifestyle! This free, online program teaches parents and their kids healthy eating habits and fun ways to stay active.

The study offers participants up to \$225, two Garmin fitness trackers, and a Bluetooth smart scale.

Don't miss out—sign up today: <https://www.iamhealthyparentsfirst.org/> [Link in Bio]
#iamhealthystudy

Sample Facebook Post:

Join the @iamhealthyparentsfirst study to learn skills for a healthier family lifestyle! This free online program teaches parents and their kids healthy eating habits and fun ways to stay active.

The study offers participants up to \$225, two Garmin fitness trackers, and a Bluetooth smart scale.

Don't miss out—sign up today: <https://www.iamhealthyparentsfirst.org/> #iamhealthystudy

SOCIAL POSTS

Sample X/Twitter/Threads Post:

Join the iAmHealthy Parents First Study to learn skills for a healthier family lifestyle! This free online program offers up to \$225, two Garmin fitness trackers, and a Bluetooth smart scale.

Don't miss out—sign up today: <https://www.iamhealthyparentsfirst.org/> #iamhealthystudy

Personal LinkedIn Post:

Healthy families make a big impact on their communities, inspiring others to lead healthier lives. This is especially true for parents modeling habits for their children.

University of Kansas Medical Center's iAmHealthy Parents First study is teaching parents and kids skills for a healthier family lifestyle. This free online program teaches healthy eating and fun ways to stay active. Enrollment is still open for those in Kansas and neighboring states.

Please share with anyone who would like to learn more: <https://www.iamhealthyparentsfirst.org/> #iamhealthystudy