**How to use this document to support your NS Walks social media posts**

* **Please copy/paste the exact verbiage below related to the platform you’re using.** However we do ask that you insert two emojis into the post. One of someone in a wheelchair and one of someone walking. **The spacing is intentional,** please just copy/paste.
* [**Click here**](https://drive.google.com/drive/folders/1WxdA2lPa8up5EJlS1hjBEX_tnPT_gYIQ?usp=sharing) **for Facebook ad images you can use**
* [**Click here**](https://drive.google.com/drive/folders/1UdHvXf-ZJZwkdKP-CpJfBY1s77bNthoL?usp=sharing) **for Instagram ad images you can use**
* [**Click here**](https://drive.google.com/drive/folders/1og_EDyZYzBhYHFo1gzqnd16vGgT6tZI7?usp=sharing) **for Twitter ad images you can use**
* Please only use images that have the social media platform written in the file name. Each image has already been designed for the specific platform.
* There are several image options available for you to use! Please select different images when you are reposting this material to keep it looking fresh.
* When posting on Facebook or Twitter, it will want to link the website as the image when you post. However, just simply delete anything that may pop up and upload the image separately.
* If you have any questions, please email [Elizabeth.sutcliffe@healthytomorrow.ca](mailto:Elizabeth.sutcliffe@healthytomorrow.ca)

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| **TWITTER: Please insert an emoji of someone in a wheelchair and someone walking after the word “all”. COPY/PASTE Text below into Twitter.**  Would you like to join others in your community for a friendly, weekly walk? #NSWalks aims to make walking routes accessible for all.  Visit nswalks.ca to learn how you can #JoinTheMovement.  #MakeYourMove with #NSWalks @HikeNS @NSMoves |

<<and this is when you would attach a designed Twitter image with the post: make sure it says TWITTER in the file name>>

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| **FACEBOOK: Please insert an emoji of someone in a wheelchair and someone walking after the word “all” COPY/PASTE text below into Facebook:**  Would you like to join others in your community for a friendly, weekly walk? #NSWalks aims to make walking routes accessible for all.  Visit nswalks.ca to learn how you can #JoinTheMovement.  #MakeYourMove with #NSWalks @HikeNS @NSMoves @MakeYourMoveNS |

<<and this is when you would attach a designed Facebook image with the post: make sure it says FACEBOOK in the file name>>

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| **INSTAGRAM: Please insert an emoji of someone in a wheelchair and someone walking after the word “all”. COPY/PASTE Text below into Instagram:**  Would you like to join others in your community for a friendly, weekly walk? #NSWalks aims to make walking routes accessible for all.  Visit nswalks.ca to learn how you can #JoinTheMovement. |

<<and this is when you would attach a designed Instagram image with the post: make sure it says INSTAGRAM in the file name>>