

Public Health Toolkit **SOCIAL MEDIA**



Spring Arthritis

POST: If you miss the old you, the one with more energy, less pain and fatigue, there are local, low-cost and free workshops that can help. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

TWEET: If you miss the old you, the one w/ more energy, less pain & fatigue, join a local workshop. Some are even free. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

POST: Today's the day. Learn how to make small changes that can manage those aches, pains and fatigue. Better health and quality of life are possible.

<http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

TWEET: Today's the day. Learn how to make small changes to manage aches, pains and fatigue. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

POST: It's not easy feeling fabulous all the time, especially when aches, pains and fatigue prevent you from having a better quality of life. But no matter your age or ability, low-cost and free workshops, proven to help, are available. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

TWEET: When aches, pains and fatigue prevent you from a better quality of life, sign up for a low-cost or free workshop. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

POST: No matter your age or ability, there's a local, free or low-cost workshop proven to reduce arthritis pain. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

TWEET: No matter your age or ability, there's a local, free or low-cost workshop proven to reduce arthritis pain. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

POST: Get the information you need to get the old you back. Register for a free or low-cost workshop to reduce pain and increase your energy. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>

TWEET: Get the info you need & get the old you back. Register for a free or low-cost workshop. Reduce arthritis pain. <http://www.health.ny.gov/diseases/conditions/arthritis/ebsmp/>