

# Public Health Toolkit **SOCIAL MEDIA**



## Spring Arthritis

If you would like to use one of the Department's new arthritis videos, along with the posts and tweets below, please email us at [bmcc@health.ny.gov](mailto:bmcc@health.ny.gov).

- [Access low-cost & no-cost programs through a local NYS YMCA \(YouTube\)](#)
- [Relieve Arthritis Pain \(YouTube\)](#)
- [Help those achy joints \(YouTube\)](#)

**POST:** Tired of those aches, pains, and fatigue? Better health and quality of life are possible. Learn how to make small changes to start feeling better.

<https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

**TWEET:** Tired of those aches, pains and fatigue? Better health and quality of life are possible. Learn how to make small changes to start feeling better with @HealthNYGov, @NYSYMCA and @ProjectEnhanceF. #NYS #NYSprograms #NYSseniors #EvidenceBasedWorks

<https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

**POST:** Don't let age or ability stand in your way. Local, free or low-cost workshops have been proven to improve health and quality of life. Find a program close to home. <http://www.ymca.net/enhancefitness>

**TWEET:** [@HealthNYGov](#) is helping #NYers feel better. Local, free or low-cost @NYSYMCA workshops have been proven to improve health and quality of life. Find a @ProjectEnhanceF program close to home. #NYS #NYSprograms #NYSseniors #EvidenceBasedWorks <http://www.ymca.net/enhancefitness>

**POST:** Reduce arthritis pain and fatigue. Improve energy and quality of life. How? With local, free, or low-cost workshops. <https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

**TWEET:** Reduce arthritis pain and fatigue with help from @HealthNYGov and @NYSYMCA. Improve energy and quality of life. How? With local, free, or low-cost @ProjectEnhanceF workshops. #NYS #NYSprograms #NYSseniors #EvidenceBasedWorks

<https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

**POST:** Missing the old you? Start feeling fabulous again. Healthy lifestyle workshops are being offered near you! <https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

**TWEET:** Missing the old you? Start feeling fabulous again. @HealthNYGov and @NYSYMCA are providing low-cost and no-cost healthy lifestyle workshops near you! #NYS #NYSprograms #NYSseniors #EvidenceBasedWorks <https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

**POST:** Check out these local, free, or low-cost workshops from the NYS Health Department and NYS YMCAs that help reduce pain, depression, and fatigue. Start feeling fabulous again! Workshops are being offered throughout the State. <http://www.ymca.net/enhancefitness>

**TWEET:** Check out these local, free, or low-cost workshops from the @NYHealthGov and @NYSYMCA that help reduce pain, depression, and fatigue. Workshops are being offered throughout the State. #NYS #NYSprograms #NYSseniors #EvidenceBasedWorks <http://www.ymca.net/enhancefitness>