

Public Health Toolkit **SOCIAL MEDIA**



WINTER PHYSICAL ACTIVITY

POST: Try a new winter sport. The Helen Hayes Hospital Adapted Sports and Recreation Program, as well as STRIDE Adaptive Sports, offer a varied schedule of leisure and competitive sports. No experience needed and all abilities are welcome!

<https://helenhayeshospital.org/adapted-sports-recreation/>

<https://www.stride.org/>

TWEET: Try a new winter sport. @HHHospital's Adapted Sports and Recreation Program, as well as @STRIDEAdaptive, offer a varied schedule of leisure and competitive sports. No experience needed and all abilities are welcome!

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POST: Looking for something fun to do outside? Check out what's going on at your local state park!

<https://parks.ny.gov/events/>

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POST: Interested in exploring the great outdoors of New York State? Whether you're a beginner or expert, the New York State Department of Environmental Conservation has a program for you!

<https://www.dec.ny.gov/62.html>

TWEET: Interested in exploring the great outdoors of New York State? Whether you're a beginner or expert, @NYSDEC has a program for you!

<https://www.dec.ny.gov/62.html>

POST: If you know someone with balance problems, there's a low-cost or free program that could help.

https://www.youtube.com/watch?v=zS9pbFzc4bQ&list=PLYV4Oew_Ov-ICFXGhO5wzPOxtF8kKvej8&index=7&t=0s

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TWEET: #Arthritis can cause balance problems. If you know someone with balance problems, there's a low-cost or free program that could help. @NYSYMCA @HealthNYGov

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POST: Do you know anyone who struggles with basic self-care, like getting dressed in the morning? The YMCA offers affordable exercise programs that could help.

https://www.youtube.com/watch?v=25lhR1jtMe4&list=PLYV4Oew_Ov-ICFXGhO5wzPOxtF8kKvej8&index=6&t=0s

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