SOCIAL MEDIA TOOLKIT

Facebook

Post your favorite walk or run image and share with your friends and family why you Walk&Run4ALZ.

Link your personal fundraising page in your post so your family and friends can donate right to you!

Make sure to tag @walkrun4alzoc and #Walk4ALZOC or #Run4ALZOC in your post so we can comment and share your story!

Twitter

Put your personal fundraising page link in the bio on your twitter profile.

Be sure to tag @OCAlzheimers and #Walk4ALZOC or #Run4ALZOC in your tweet, so we can make sure to retweet you..
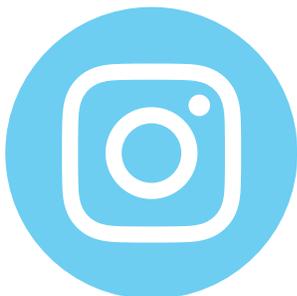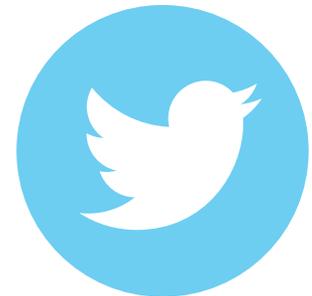
Instagram

Put your personal fundraising page link in the bio on your Instagram profile.

Tag @alzorangecounty and #Walk4ALZOC or #Run4ALZOC in your posts and stories, so we can repost them!

Get your friends and family to follow your Walk&Run4ALZ journey by creating a story highlight.

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EXAMPLE POSTS

JOIN MY TEAM

I'm participating in Walk&Run4ALZ this year and I am so excited! Join in and be a part of the local fight against Alzheimer's on (Insert Event Date)!

Walk&Run4ALZ is Orange County's premier Alzheimer's walk and run and Team (Team Name) is ready to take strides. Be a part of the fun, and join my team with the link in my bio! #Walk4ALZOC #Run4ALZOC

HELP ME REACH MY GOAL

This year, I am participating in Alzheimer's Orange County's Walk&Run4ALZ! Help me reach my goal and support the wonderful programs and services that they provide to the community.

Thank you to everyone who has already donated to my fundraising page for this year! I am only ($ amount) away from my goal! Donate today to help support the great work of Alzheimer's Orange County. #Walk4ALZOC #Run4ALZOC

WHY I WALK or RUN

I Walk&Run4ALZ every year in (honor or memory) of (person or persons names) and to support the programs and services that Alzheimer's Orange County provides to the community.

Each step and stride is for the families that are impacted daily by Alzheimer's disease and who need the programs and services that Alzheimer's Orange County provide. That is (#WhyIWalk4ALZOC or #WhyIRun4ALZOC. Learn more with the link in my bio!