



HPW Women's Health Month

Social Media Messages to Share




Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of Women's Health Month. Coordinate with your Public Affairs Office or local POC for social media to use these in your available communications channels.

Recommended Use Instructions:


- Select two messages from the list below to send out each week during Women's Health Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting. Use your organization's preferred link shortening site if necessary.

Messaging



Post 1:

-  October is Women's Health Month! Check back all month long for tips on healthy living habits and preventive health info for our female Sailors and Marines! #WomensHealth <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-october.aspx>
-  It's #WomensHealth month! Let's celebrate our female Sailors and Marines with tips for healthy living! <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-october.aspx>
-  October is Women's Health Month! Check back all month long for tips on healthy living habits and preventive health info for our female Sailors and Marines! #WomensHealth <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-october.aspx>




Post 2:

-  Hey ladies, have you scheduled your annual checkup yet? Did you know that at different ages your health focus needs change? Check out the Office on Women's Health page to learn how you can take better care of yourself at every age. #WomensHealth <https://www.womenshealth.gov/nwhw/by-age/>






-  Have you seen your doc this year? Don't forget your annual checkup! #WomensHealth <https://www.womenshealth.gov/nwhw/by-age/>
-  Hey ladies, have you scheduled your annual checkup yet? Did you know that at different ages your health focus needs change? Check out the Office on Women's Health page to learn how you can take better care of yourself at every age. #WomensHealth <https://www.womenshealth.gov/nwhw/by-age/>



Post 3:

-  Often, when an illness or injury occurs, female Sailors and Marines try to ignore the symptoms. Don't be afraid to talk to your doctor about your health. Get familiar with the recommended regular screenings to maintain good health. #WomensHealth <https://health.mil/Military-Health-Topics/Operation-Live-Well/Preventive-Health/Womens-Health>
-  Learn about how common health issues specifically affect women. #WomensHealth <https://health.mil/Military-Health-Topics/Operation-Live-Well/Preventive-Health/Womens-Health>
-  Often, when an illness or injury occurs, female Sailors and Marines try to ignore the symptoms. Don't be afraid to talk to your doctor about your health. Get familiar with the recommended regular screenings to maintain good health. #WomensHealth <https://health.mil/Military-Health-Topics/Operation-Live-Well/Preventive-Health/Womens-Health>

Post 4:

-  Heart disease is the number 1 killer of women. Learn the symptoms of heart disease, and actions you can take to improve your heart health! #WomensHealth <https://www.cdc.gov/features/wearred/index.html>
-  Heart disease is the number 1 killer of women. Learn how you can prevent it! #WomensHealth <https://www.cdc.gov/features/wearred/index.html>
-  Heart disease is the number 1 killer of women. Learn the symptoms of heart disease, and actions you can take to improve your heart health! #WomensHealth <https://www.cdc.gov/features/wearred/index.html>

Post 5:

-  Are you ready to quit smoking? Learn about the benefits of being smoke-free, and tools to help you quit smoking. #WomensHealth <https://women.smokefree.gov/>
-  Are you ready to quit smoking? Learn tips on how to become smoke-free. <https://women.smokefree.gov/>



- 📌 Are you ready to quit smoking? Learn about the benefits of being smoke-free, and tools to help you quit smoking. #WomensHealth <https://women.smokefree.gov/>

Post 6:

- 📘 Binge drinking results in the death of about 23,000 females each year. Learn how excessive alcohol can affect your health, and take the steps to reduce your risks. #WomensHealth <https://www.cdc.gov/vitalsigns/bingedrinkingfemale/infographic.html>
- 🐦 Reduce your alcohol consumption to improve your health! #WomensHealth <https://www.cdc.gov/vitalsigns/bingedrinkingfemale/infographic.html>
- 📌 Binge drinking results in the death of about 23,000 females each year. Learn how excessive alcohol can affect your health, and take the steps to reduce your risks. #WomensHealth <https://www.cdc.gov/vitalsigns/bingedrinkingfemale/infographic.html>

Post 7:

- 📘 Stress is normal, but too much stress can affect your mental and physical health. Learn tips on how to manage your stress today! #WomensHealth <https://www.womenshealth.gov/a-z-topics/stress-and-your-health>
- 🐦 Stress can affect your health. Learn how to better manage your stress today! #WomensHealth <http://navymedicine.navylive.dodlive.mil/archives/8996>
- 📌 Stress is normal, but too much stress can affect your mental and physical health. Learn tips on how to manage your stress today! #WomensHealth <https://www.womenshealth.gov/a-z-topics/stress-and-your-health>

Post 8:

- 📘 More than 60 percent of women do not get enough exercise every week. Learn about the benefits of regular physical activity, and how you can get more active! #WomensHealth <https://www.womenshealth.gov/a-z-topics/physical-activity>
- 🐦 Do you get enough exercise every week? Learn how to get more active! #WomensHealth <https://www.womenshealth.gov/a-z-topics/physical-activity>
- 📌 More than 60 percent of women do not get enough exercise every week. Learn about the benefits of regular physical activity, and how you can get more active! #WomensHealth <https://www.womenshealth.gov/a-z-topics/physical-activity>