



Social Media Messages: WII and CAM

Below are 10 ready-to-use social media messages developed to use on Twitter, Facebook, and Plan of the Day/Week messages. Coordinate with your local POC for social media to use these in your communications channels. Generally, this will be through the Public Affairs Office.

Recommended Use:

- Select one message from the list below to send out each day during the focus week (for more information, refer to the [Promotional Kit Instructions](#)).
- The same messages can be posted on all three communications channels.
- Copy and paste the message to post on Facebook, Twitter, or Plan of the Day/Week or send to your social media POC for posting.

Note: Links to recommended pictures are also provided. However you may post without the picture, if you desire.

Twitter, Facebook, and Plan of the Day/Week Messages:

1. Considering a complementary health therapy? Talk to your doc and visit:
<<http://go.usa.gov/yngC>> #naturalmedicine
Image link: http://www.navy.mil/view_image.asp?id=115998
2. #DYK: 40% of Americans age 18+ use some form of complementary health practice. Talk to your doc. <<http://go.usa.gov/yngR>> #naturalmedicine
3. Spinal manipulation may help with headache relief. Talk to your doc.
<<http://go.usa.gov/yngF>> #naturalmedicine
4. Spinal manipulation may help with back, neck, and joint pain along with migraines. Talk to your doc. <<http://go.usa.gov/yn4T>> #naturalmedicine
5. Massage therapy for cancer patients may, at least temporarily, reduce pain, promote relaxation, and boost mood. <<http://go.usa.gov/dVVJ>>
6. Stay in control of your health care by discussing all of the therapies and treatments you use with your doctor. <<http://go.usa.gov/dVVJ>>



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7. Relaxation techniques may help with anxiety, depression, and some types of pain. Talk to your doc. <<http://go.usa.gov/yn2B>> #naturalmedicine
8. Get yourself in a twist to unwind. Yoga may help with PTSD by promoting awareness of body and mind. <<http://bit.ly/1qyB0wG>> #naturalmedicine
9. Massage may help with poor circulation or limited ability to move. Talk to your doc to see if it's right for you. <<http://go.usa.gov/ynTH>>
10. Use CAM with care. Arm yourself with accurate info and talk to your doc before making any decisions. <<http://go.usa.gov/ynb4>> #naturalmedicine