

AGENCY RELATIONS SOCIAL MEDIA TOOLKIT: NUTRITION, HEALTH & WELLNESS

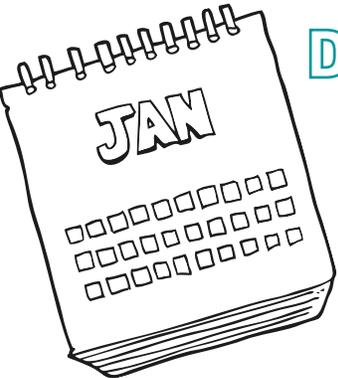
JANUARY 2021

National Blood Donor Month & National Soup Month!



DATES TO REMEMBER:

- January 1st: New Year's Day
- January 4th: National Spaghetti Day
- January 10th: National Bittersweet Chocolate Day
- January 18th: Martin Luther King Jr. Day
- January 20th: Presidential Inauguration



SUGGESTED CAPTION:

If you're planning to make a New Year's Resolution to get healthier in 2021, make sure to set SMART goals to help you stick with it! Follow these tips to make sure you are successful with your health goals!

#NewYearsResolutions #2021
#HealHungerSTL

[Click here for the infographic!](#) →



SUGGESTED TWEET:

January is National Blood Donor Month! Every 2 seconds someone in the U.S. needs blood. Resolve to be a blood donor this January and potentially save up to 3 lives! #HealHungerSTL #GiveBlood #BeTheLifeline