

Social Media Assets | Tool Kit

1. We're hosting a Barbells for Boobs fundraiser!

a. Instagram

We're hosting a @barbellsforboobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team through the link in our bio!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

We're hosting a @Barbells for Boobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team at (*paste the link to your page here*).

•

Fundraise. Detect Save

•

#BarbellsforBoobs

2. I'm fundraising for Barbells for Boobs!

a. Instagram:

Help me raise funds for @barbellsforboobs to mobilize and empower people to take action in breast cancer! My goal is to raise (*insert your goal here*). Click the link in my bio to donate today.

•

Fundraise. Detect. Save.

•

#BarbellsforBoobs

b. Facebook:

Help me raise funds for @Barbells for Boobs to mobilize and empower people to take action in breast cancer! My goal is to raise (*insert your goal here*). Donate today at (*paste the link to your page here*).

•

Fundraise. Detect. Save.

•

#BarbellsforBoobs

3. We're fundraising for Barbells for Boobs!

a. Instagram:

Help us raise funds for @barbellsforboobs to mobilize and empower people to take action in breast cancer! Our goal is to raise *(insert your goal here)*. Click the link in my bio to donate today.

•

Fundraise. Detect. Save.

•

#BarbellsforBoobs

b. Facebook:

Help us raise funds for @Barbells for Boobs to mobilize and empower people to take action in breast cancer! Our goal is to raise *(insert your goal here)*. Every \$80 helps ONE person. Donate today at *(paste the link to your page here)*.

•

Fundraise. Detect. Save.

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#BarbellsforBoobs

4. What is Barbells for Boobs?

a. Instagram

@barbellsforboobs mobilizes and empowers people to take action in breast cancer. They serve the community as a proactive voice, a resource for early detection services and support post diagnosis with an emphasis on fitness and wellness for anyone affected. Help me support them by donating via the link in my bio.

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Fundraise. Detect. Save.

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#BarbellsforBoobs

b. Facebook

@Barbellsf or Boobs mobilizes and empowers people to take action in breast cancer. They serve the community as a proactive voice, a resource for early detection services and support post diagnosis with an emphasis on fitness and wellness for anyone affected. Help me fundraise by donating today at *(paste the link to your page here)*.

•

Fundraise. Detect. Save.

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#BarbellsforBoobs

5. What is the circle?

a. Instagram

The Circle | It's how @barbellsforboobs thinks about breast cancer. A constant evolution of proactive living and survivorship through health and wellness. Help me support The Circle by donating to my page via the link in my bio.

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Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

The Circle | It's how @Barbells for Boobs thinks about breast cancer. A constant evolution of proactive living and survivorship through health and wellness. Help me support The Circle by donating to my page at (*paste the link to your page here*).

•

Fundraise. Detect Save

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#BarbellsforBoobs

6. Make a donation to Barbells for Boobs!

a. Instagram:

No one is immune to breast cancer. @barbellsforboobs supports the 7% of women diagnosed with breast cancer under the age of 40. Funds raised support the 7% of women who are too often overlooked by our healthcare system. Click the link in my bio to donate today!

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Fundraise. Detect. Save.

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#BarbellsforBoobs

b. Facebook:

No one is immune to breast cancer. @Barbells for Boobs supports the 7% of women diagnosed with breast cancer under the age of 40. Funds raised support the 7% of women who are too often overlooked by our healthcare system. Donate today at (*paste the link to your page here*).

•

Fundraise. Detect. Save.

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#BarbellsforBoobs

7. \$80 helps ONE person

a. Instagram:

Every \$80 raised let's @barbellsforboobs help ONE more person through their Right to Know and Resources After Diagnosis programs. Help me fundraise by donating via the link in my bio.

•

Fundraise. Detect. Save.

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#BarbellsforBoobs

b. Facebook

Every \$80 raised let's @Barbells for Boobs help ONE more person through their Right to Know and Resources After Diagnosis programs. Help me fundraise by donating today!

•

Fundraise. Detect. Save.

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#BarbellsforBoobs

8. 1 in 8 women will be diagnosed with breast cancer in their lifetime.

a. Instagram

Source: The American Cancer Society. Help me support @barbellsforboobs by donating via the link in my bio.

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

Source: The American Cancer Society. Help me fundraise by donating to my page at (*paste the link to your page here*).

•

Fundraise. Detect Save

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#BarbellsforBoobs

9. 7% of all women diagnosed with breast cancer are under 40.

a. Instagram

Source: The US National Library of Medicine National Institute of Health. Help me support @barbellsforboobs by donating via the link in my bio.

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Fundraise. Detect Save

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#BarbellsforBoobs

b. Facebook

Source: The US National Library of Medicine National Institute of Health. Help me fundraise by donating to my page at (paste the link to your page here).

•

Fundraise. Detect Save

•

#BarbellsforBoobs

10. Right to Know

a. Instagram

The @barbellsforboobs Right to Know program advocates for a person's Right to Know if they're living with breast cancer by providing resources, access, empowerment and funding for the early detection of breast cancer regardless of one's age, gender, income or insurance status. Help me give someone the Right to Know by donating to my page via the link in my bio.

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

The @Barbells for Boobs Right to Know program advocates for a person's Right to Know if they're living with breast cancer by providing resources, access, empowerment and funding for the early detection of breast cancer regardless of one's age, gender, income or insurance status. Help me give someone the Right to Know by donating to my page at (*paste the link to your page here*).

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Fundraise. Detect Save

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#BarbellsforBoobs

11. Resources After Diagnosis

a. Instagram

The @barbellsforboobs RAD program provides connection and support post diagnosis of breast cancer through relevant resources and partners with a focus on fitness and nutrition as a proactive measure in survivorship. Help me support survivors in need by donating to my page via the link in my bio.

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Fundraise. Detect Save

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#BarbellsforBoobs

b. Facebook

The @Barbells for Boobs RAD program Provides connection and support post diagnosis of breast cancer through relevant resources and partners with a focus on fitness and nutrition as a proactive measure in survivorship. Help me support survivors in need by donating to my page at (*paste the link to your page here*).

•

Fundraise. Detect Save

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#BarbellsforBoobs

12. Fundraising Update: 25% (*Thermometer filled 25%*)

a. Instagram

I'm a quarter of the way to my @barbellsforboobs fundraising goal! Thank you to everyone that has donated so far. You can help me mobilize and empower people to take action in breast cancer by donating via the link in my bio. Every \$80 raised helps ONE more person!

•

Fundraise. Detect Save

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#BarbellsforBoobs

b. Facebook

I'm a quarter of the way to my @Barbells for Boobs fundraising goal! Thank you to everyone that has donated so far. You can help me mobilize and empower people to take action in breast cancer by donating (*paste the link to your page here*). Every \$80 raised helps ONE more person!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

13. Fundraising Update: 50% (*Thermometer filled 50%*)

a. Instagram

I'm over halfway to my @barbellsforboobs fundraising goal! Thank you to everyone that has donated so far. You can help me mobilize and empower people to take action in breast cancer by donating via the link in my bio. Every \$80 raised helps ONE more person!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

I'm over halfway to my @Barbells for Boobs fundraising goal! Thank you to everyone that has donated so far. You can help me mobilize and empower people to take action in breast cancer by donating at (*paste the link to your page here*). Every \$80 raised helps ONE more person!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

14. Fundraising Update: 75% (*Thermometer filled 75%*)

a. Instagram

I'm over $\frac{3}{4}$ of the way to my @barbellsforboobs fundraising goal! Thank you to everyone that has donated so far. You can help me mobilize and empower people to take action in breast cancer by donating via the link in my bio. Every \$80 raised helps ONE more person!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

I'm over $\frac{3}{4}$ of the way to my @Barbells for Boobs fundraising goal! Thank you to everyone that has donated so far. You can help me mobilize and empower people to take action in breast cancer by donating at (*paste the link to your page here*). Every \$80 raised helps ONE more person!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

15. I reached my fundraising goal! (*Thermometer filled 100%*)

a. Instagram

Thank you to everyone that donated to my fundraising page! Through your donations you're helping @barbellsforboobs serve the community as a proactive voice, a resource for early detection services and support post diagnosis with an emphasis on fitness and wellness for anyone affected. If you want to help me go above and beyond my goal feel free to donate via the link in my bio.

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

Thank you to everyone that donated to my fundraising page! Through your donations you're helping @Barbells for Boobs serve the community as a proactive voice, a resource for early detection services and support post diagnosis with an emphasis on fitness and wellness for anyone affected. If you want to help me go above and beyond my goal feel free to donate at (*paste the link to your page here*).

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- Fundraise. Detect Save
-
- #BarbellsforBoobs

16. We reached our fundraising goal! (*Thermometer filled 100%*)

a. Instagram

Thank you to everyone that donated to our team's fundraising page! Through your donations you're helping @barbellsforboobs serve the community as a proactive voice, a resource for early detection services and support post diagnosis with an emphasis on fitness and wellness for anyone affected. If you want to help our team go above and beyond our goal feel free to donate via the link in our bio.

-
- Fundraise. Detect Save
-
- #BarbellsforBoobs

b. Facebook

Thanks to everyone that donated to our team's fundraising page! Through your donations you're helping @Barbells for Boobs serve the community as a proactive voice, a resource for early detection services and support post diagnosis with an emphasis on fitness and wellness for anyone affected. If you want to help us go above and beyond our goal feel free to donate at (*paste the link to your page here*) today!

-
- Fundraise. Detect Save
-
- #BarbellsforBoobs

17. 1 Month Until our Barbells for Boobs event!

a. Instagram

Only one more month until our @barbellsforboobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team through the link in our bio!

-

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

Only one more month until our @Barbells for Boobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team at (*paste the link to your page here*).

•

Fundraise. Detect Save

•

#BarbellsforBoobs

18. 2 Weeks Until our Barbells for Boobs event!

a. Instagram

Just two short weeks until our @barbellsforboobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team through the link in our bio!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

Just two short weeks until our @Barbells for Boobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team at (*paste the link to your page here*).

•

Fundraise. Detect Save

•

#BarbellsforBoobs

19. 1 Week Until our Barbells for Boobs event!

a. Instagram

One week left until our @barbellsforboobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team through the link in our bio!

•

Fundraise. Detect Save

- #BarbellsforBoobs

b. Facebook

Only one week left until our @Barbells for Boobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team at (*paste the link to your page here*).

- Fundraise. Detect Save

- #BarbellsforBoobs

20. 5 Days Until our Barbells for Boobs event!

a. Instagram

There are only five days left before our @barbellsforboobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team through the link in our bio!

- Fundraise. Detect Save

- #BarbellsforBoobs

b. Facebook

There are only five days left before our @Barbells for Boobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team at (*paste the link to your page here*).

- Fundraise. Detect Save

- #BarbellsforBoobs

21. 3 Days Until our Barbells for Boobs event!

a. Instagram

Just three days left until our @barbellsforboobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team through the link in our bio!

- Fundraise. Detect Save

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#BarbellsforBoobs

b. Facebook

Just three days left until our @Barbells for Boobs fundraiser at *LOCATION* on *DATE* at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team at (*paste the link to your page here*).

•

Fundraise. Detect Save

•

#BarbellsforBoobs

22. Our Barbells for Boobs event is tomorrow!

a. Instagram

Everyone get a good night's sleep before our @barbellsforboobs fundraiser at *LOCATION* tomorrow at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team through the link in our bio!

•

Fundraise. Detect Save

•

#BarbellsforBoobs

b. Facebook

Everyone get a good night's sleep before our @Barbells for Boobs fundraiser at *LOCATION* tomorrow at *TIME*. Everyone is welcome to join and contribute toward our goal of raising \$X,XXX. Feel free to donate or join our fundraising team at (*paste the link to your page here*).

•

Fundraise. Detect Save

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#BarbellsforBoobs