**Social Media Sample Posts**

While you’re taking precautions against COVID-19 like staying home, it’s important to manage your chronic diseases like diabetes or high blood pressure. Find great tips, healthy recipes and more, visit [your website]. #COVID-19 #HealthyatHome #HealthyCommunities @WellAheadLA

Community members with chronic diseases can eat healthy and keep moving at home to help manage their conditions. You’ll get a mental health boost, too! For more information, reach out to [your org] or visit [your website]. #COVID-19 #HealthyatHome #HealthyCommunities @WellAheadLA

We’re calling on all community leaders to help spread the word about staying healthy, keeping active and managing chronic diseases for our citizens as they shelter at home. Learn about how to manage diabetes and high blood pressure at [your website]. #COVID-19 #HealthyatHome #HealthyCommunities @WellAheadLA

Still adjusting to working from home? Don’t go it alone! Here are [some tips you can use to stay on track with your overall health and wellness](http://www.workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19) [or link from your website]! Find some ways to stay active at home, healthy quick recipes and more at [your website]. #COVID-19 #HealthyatHome #HealthyCommunities @WellAheadLA

Keeping active and eating healthy while at home can help with your stress and anxiety around COVID-19. Get some great tips on how to do that and take care of your mental health at [your website]. #COVID-19 #HealthyatHome #HealthyCommunities @WellAheadLA