**Nutrition: Social Media Template**

**Directions:** Copy the image and verbiage below and paste into your social media post. Remove the text in red and add your contact information.

A person cutting avocado on a cutting board

Description automatically generated

Are you ready to transform your health with supportive foods? 🍎🥦

You’re invited to join the two-week Supportive Foods mini-series led by functional nutritionist Christina Sandok. In this program, we’ll explore a variety of supportive foods, share delicious and nourishing meal ideas, and provide downloadable recipes for you to try at home.

What’s included:

✅ A deep dive into supportive foods for improved digestion and metabolism, enhanced energy levels, stress relief, better sleep, and healthy skin

✅ Meal and snack ideas to incorporate supportive foods into your day

✅ Healthy recipes to fuel your wellbeing

Ready to join? In your Wellbeats *Wellness* account, go to Programs to join the Supportive Foods program today.

For any questions, please contact [enter your contact information here].

#WellbeatsWellness #SupportiveFoods