



FREE THE SPIRIT FESTIVAL SOCIAL MEDIA KIT

INSTRUCTIONS:

You can help make this year's festival the best year yet by sharing about it on your social media accounts like Facebook, Instagram or Twitter.

Attached you'll find a social media kit with prepared posts and tags you can use to help promote the festival. The more people talking about the event the further our reach on social media!!

Some tips to get more likes on your social media post:

- Tell people why you participate. Is it because you have a loved one with a disability? You believe in the work St.Amant does?
- Add a photo! Attach it to your post so people can see how much fun the event is.

[Click here for a RUN photo](#)

[Click here for a WALK photo](#)

[Click here for a PLAY/VOLUNTEER photo](#)

- Ask your friends to share your post! After you copy and paste a message from the attached page add a line saying "Please like and share my post to help spread the word!"





FREE THE SPIRIT FESTIVAL SOCIAL MEDIA KIT

RUN	<p>I'm running in @StAmantMB's Free the Spirit Festival 5k Run on September 29th! Help me reach my fundraising goal of \$ xx by pledging me today!</p> <p>Click here to find my page: freethespiritfestival.ca/register</p> <p>#FreeTheSpiritFestival #runwinnipeg</p>
WALK	<p>I'm walking in @StAmantMB's Free the Spirit Festival 2k Walk on September 29th! Help me reach my fundraising goal of \$ xx by pledging me today!</p> <p>Click here to find my page: freethespiritfestival.ca/register</p> <p>#FreeTheSpiritFestival #winnipeg</p>
PLAY	<p>I'm attending @StAmantMB's Free the Spirit Festival on September 29th and you should too! It's a FREE event with activities for children, food trucks, and great music.</p> <p>Find out more here: freethespiritfestival.ca</p> <p>#FreeTheSpiritFestival #winnipeg</p>
HELP OUT	<p>I'm volunteering at @StAmantMB's Free the Spirit Festival on September 29th and you should too! It's a FREE event with great volunteer opportunities.</p> <p>Find out more here: freethespiritfestival.ca/volunteer</p> <p>#FreeTheSpiritFestival #volunteer #winnipeg</p>