

# 3. How to Promote Your Day of Wellness

## FNHA Social Media Vehicles



[www.twitter.com/FNHA](http://www.twitter.com/FNHA)



[www.facebook.com/firstnationshealthauthority](http://www.facebook.com/firstnationshealthauthority)



[www.instagram.com/fnha/](http://www.instagram.com/fnha/)



Snapchat: TheFNHA

Here are some pre-made posts to share on your organization's and personal social media accounts. FNHA will be following along and re-posting various statuses throughout the Day of Wellness. Feel free to create your own posts as well, and be sure to tag us if you like!

## SAMPLE FACEBOOK POSTS



Have you heard of the FNHA Day of Wellness events? Over 100 events in First Nations communities across BC! Join and share the event here! <https://www.facebook.com/events/1742216359332002/>

It's National Aboriginal Day! Did you know about the events taking place across BC as part of the FNHA June 21 Day of Wellness? Find out more here! <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>

There are over 100 Day of Wellness events happening on National Aboriginal Day! Find an event in your community here! <https://www.google.com/maps/d/viewer?mid=1As0V99uAjE0v5eC7qInFKIDmHPI>

Join the Wellness Move-ment! Join the FNHA's Day of Wellness Facebook event! <https://facebook.com/events/1742216359332002/>

There are over a 100 ways to celebrate National Aboriginal Day through health and wellness events! Learn more: <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>

What is the Day of Wellness? Learn more here: <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>

I'm attending a Day of Wellness event in my community! What is the Day of Wellness? Find out more here! <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>

Invite your friends to the Day of Wellness Facebook event here! <https://facebook.com/events/1742216359332002/>

## SOCIAL MEDIA HASHTAGS

#FNHAWellness

#Itstartswithme

#Culturalhumility

### SAMPLE TWEETS (limited to 140 characters)



What is @FNHA's Day of Wellness? Learn more here: <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>  
#FNHAWellness #NADCanada

Invite your friends to @FNHA's Day of Wellness Facebook event here!  
#FNHAWellness <https://facebook.com/events/1742216359332002/>

I'm attending an @FNHA Day of Wellness event in my community! What is the Day of Wellness? Find out more here! <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>

There are over 100 Day of Wellness events happening on #NationalAboriginalDay! Find an event in your community here! <https://www.google.com/maps/d/viewer?mid=1As0V99uAjE0v5eC7qInFKIDmHPI>

Join the Wellness Move-ment! Join @FNHA's Day of Wellness Facebook event! <https://facebook.com/events/1742216359332002/>

There are over 100 ways to celebrate #NationalAboriginalDay through health and wellness events! Learn more: <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>

Browse all the @FNHA Day of Wellness events here #FNHAWellness: <https://www.google.com/maps/d/viewer?mid=1As0V99uAjE0v5eC-7qInFKIDmHPI>

## WE ALSO RECOMMEND USING:

#NADCanada

#AboriginalDay

#NationalAboriginalDay

### CULTURAL HUMILITY SOCIAL MEDIA BANNERS:

Below are three social media banners you are welcome to use on your organization's and personal accounts on the Day of Wellness.



[www.fnha.ca/culturalhumility](http://www.fnha.ca/culturalhumility)



*Cultural Safety and Humility in Health Services Delivery for First Nations and Aboriginal Peoples in British Columbia*

[www.fnha.ca/culturalhumility](http://www.fnha.ca/culturalhumility)



[www.fnha.ca/culturalhumility](http://www.fnha.ca/culturalhumility)

### ***Sample tweets on Cultural Humility:***

#itstartswithme BC Health Authorities have signed a Declaration for #CulturalHumility and #CulturalSafety in the health system. Read more: <http://www.fnha.ca/wellness/cultural-humility>

#itstartswithme Relationship-based Care and #CulturalSafety. Read more: <http://www.fnha.ca/wellness/cultural-humility>

Access to Quality Health Care #Culturalhumility #itstartswithme Read more: <http://www.fnha.ca/wellness/cultural-humility>

Health Literacy and #CulturalSafety #itstartswithme Read more: <http://www.fnha.ca/wellness/cultural-humility>

### ***Sample Facebook Posts on Cultural Humility:***

In July, 2015, all BC Health Authority CEO's signed the declaration to demonstrate their commitment to advancing cultural humility and cultural safety within health services. Read more here: <http://www.fnha.ca/wellness/cultural-humility>

Healthcare providers are not expected to be cultural experts for all First Nations and Aboriginal peoples, exercising humility is about being open to learning and comfortable starting with what we don't know. Read more here: <http://www.fnha.ca/wellness/cultural-humility>

First Nations people have a right to access a health care system that is free of racism and discrimination and to feel safe when accessing health care. Read more here: <http://www.fnha.ca/wellness/cultural-humility>

Cultural humility is a process of self-reflection to understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another's experience. Read more here: <http://www.fnha.ca/wellness/cultural-humility>

Cultural safety is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the healthcare system. It results in an environment free of racism and discrimination, where people feel safe when receiving health care. Read more here: <http://www.fnha.ca/wellness/cultural-humility>

When health care professionals engage with First Nations peoples from a place of cultural humility, they are helping to create a safer health care environment where individuals and families feel respected. First Nations peoples are therefore more likely to access care when they need it and access care that is appropriate to their wellness beliefs, goals and needs. Read more here: <http://www.fnha.ca/wellness/cultural-humility>