

TERIFRAC - MONTHLY POA - OCTOBER 2016

Post 1: (2nd Oct: Gandhi Jayanti)

Tagline:

It is health that is real wealth and not pieces of gold and silver.
-Mahatma Gandhi

Post Description:

We wish a very Happy #GandhiJayanti to the priceless principles such as peace, humanity, love, health and happiness.
#HappyGandhiJayanti

Post 2:

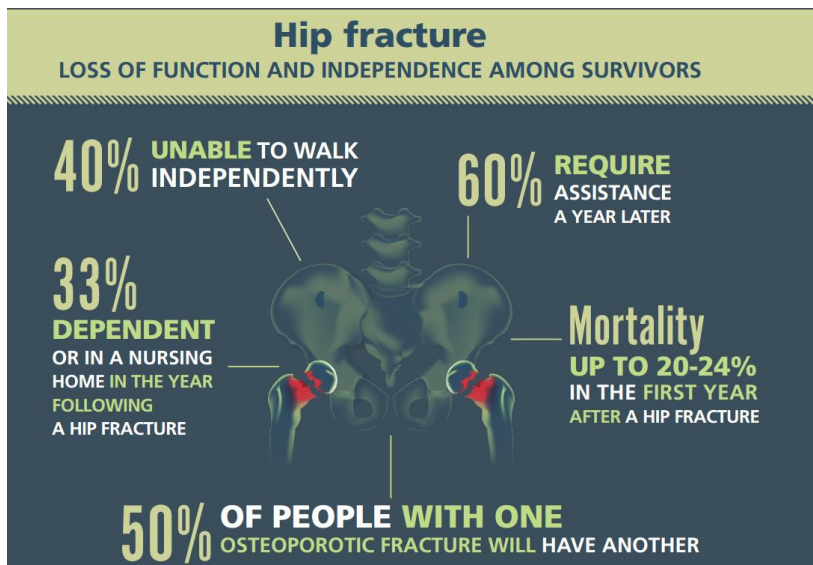
Tagline:

Turning you Back on Osteoporosis won't help!
#FightOsteoporosis

Post Description:

Know better and reduce your osteoporosis risk factors
#FightOsteoporosis

Post 3:



Post Description:

A Fractured Hip means a lot more!

#HipFracture #FightOsteoporosis

Post 4:

Tagline:

Lifestyle - The key to Bone health!

Post Description:

Keep body weight in control. Eat healthy. Sleep well.

#FightOsteoporosis #BoneHealth

Post 5:

Tagline:

Damage is a reality. Pain is a choice!

Post Description:

Don't let the shackles of pain stop you from living your life.

#BeStrong #StayMotivated #FightOsteoporosis

Post 6: (11th Oct: Dussehra)

Tagline:

This Dussehra let the enlightenment awareness win over the darkness of ignorance and suffering!

Post Description:

Celebrate the victory of good over evil!

#Dussehra #FightOsteoporosis

Post 7:

Title:

First Fracture is your Last Warning!

Post Description:

Take action to avoid a first fracture. Your #FirstFracture could be the beginning of more vigorous Osteoporosis.

#StandStrong #FightOsteoporosis

Post 8: (12th October: World Arthritis Day)

Title:

Join hands to save Joints!

#WorldArthritisDay

Post Description:

Osteoarthritis (OA) is the most common type of arthritis but that doesn't make it any mild in suffering.

#StandStrong #FightOsteoporosis

Post 9: (16th October: World Food Day)

Title:

Food is Life. Value it while you have it!

#WorldFoodDay

Post Description:

Today on #WorldFoodDay, let's pledge to never waste food.

#SaveFood #PledgeToSaveFood

Post 10:

Tagline:

Exercise your way to beating Osteoporosis!

Post Description:

Lack of exercise and unhealthy stationary lifestyle could end up inviting #Osteoporosis.

#Exercie to #FightOsteoporosis

Post 11: (World Osteoporosis Day)

(To be done later)

Post 12: (World Obesity Day)

Tagline:

Quit the Obese Evolution before it's too late!

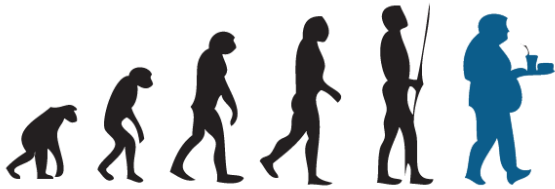
#WorldObesityDay

Post Description:

Obesity is the stepping stone for several issues such as Osteoporosis, diabetes, and other life-threatening diseases.

#ChangeLifeStyle #FightObesity #FightOsteoporosis

THE EVOLUTION OF OBESITY



WORLD OBESITY DAY
25TH NOVEMBER 2015

Post 13: (Diwali)

Tagline:

May the divine radiance of Diwali bring you peace, prosperity, happiness, and good health.

#HappyDiwali

Post Description:

Team #FightOsteoporosis wishes you a very happy and healthy Diwali. #HappyDiwali and a #ProsperousNewYear.

Post 14: (24th Oct: World Polio Day)

Tagline:

Let fight to #EndPolioForever!

Post Description:

This #WorldPolioDay, we urge you to join the global initiative to eradicate Polio.

Post 15:

Tagline:

"It's not about how hard you can hit. It's how hard you can get Hit! And fight your way back up!" - Sylvester Stallone (Rocky Movie)

Post Description:

Be strong, Stay strong. You never know who all, are you, an
inspiration for.

#FightOsteoporosis #StandStrong