

You can do this. WIC can help.

Social Media Toolkit



Facebook	Twitter	Instagram
 A photograph of a pregnant woman in a pink cardigan and white tank top, smiling and holding her belly. To her right is a large orange circle containing the text 'YOU CAN DO THIS. WIC can help.' and the website 'VDHLIVEWELL.COM/WIC'. At the bottom of the circle is the WIC logo. <p>You can do this. WIC can help. VDHLiveWell.com/WIC</p>	 A photograph of a pregnant woman in a pink cardigan and white tank top, smiling and holding a green smoothie. To her right is a large orange circle containing the text 'YOU CAN DO THIS. WIC can help.' and the website 'VDHLIVEWELL.COM/WIC'. At the bottom of the circle is the WIC logo. <p>You can do this. WIC can help. VDHLiveWell.com/WIC #VAWIC</p>	 A photograph of a pregnant woman in a pink cardigan and white tank top, smiling and holding a green smoothie. To her right is a large orange circle containing the text 'YOU CAN DO THIS. WIC can help.' and the website 'VDHLIVEWELL.COM/WIC'. At the bottom of the circle is the WIC logo. <p>You can do this. WIC can help. #VAWIC</p>
 A photograph of a father in a blue tank top and his young son in a white shirt, both smiling and laughing together. To the left is a blue circle containing the text 'THERE IS NO SHAME IN ASKING FOR HELP. WIC is here for you.' and the website 'VDHLIVEWELL.COM/WIC'. At the bottom of the circle is the WIC logo. <p>THERE IS NO SHAME IN ASKING FOR HELP. WIC is here for you. VDHLIVEWELL.COM/WIC</p>	 A photograph of a father in a blue tank top and his young son in a white shirt, both smiling and laughing together. To the left is a blue circle containing the text 'THERE IS NO SHAME IN ASKING FOR HELP. WIC is here for you.' and the website 'VDHLIVEWELL.COM/WIC'. At the bottom of the circle is the WIC logo. <p>THERE IS NO SHAME IN ASKING FOR HELP. WIC is here for you. VDHLIVEWELL.COM/WIC</p>	 A photograph of a father in a blue tank top and his young son in a white shirt, both smiling and laughing together. To the left is a blue circle containing the text 'THERE IS NO SHAME IN ASKING FOR HELP. WIC is here for you.' and the website 'VDHLIVEWELL.COM/WIC'. At the bottom of the circle is the WIC logo. <p>THERE IS NO SHAME IN ASKING FOR HELP. WIC is here for you. #VAWIC</p>



You owe it to them to take care of yourself.
VDHLiveWell.com/WIC



You owe it to them to take care of yourself. VDHLiveWell.com/WIC
#VAWIC



You owe it to them to take care of
yourself.

#VAWIC



You have to fill your own cup before you
can fill theirs. WIC can help.
VDHLiveWell.com/WIC



You have to fill your own cup before you can fill theirs. WIC can help.
VDHLiveWell.com/WIC #VAWIC



You have to fill your own cup before
you can fill theirs. WIC can help.

#VAWIC



WIC provides more than just food. WIC provides support. VDHLiveWell.com/WIC



WIC provides more than just food. WIC provides support. VDHLiveWell.com/WIC #VAWIC



WIC provides more than just food. WIC provides support. VDHLiveWell.com/WIC #VAWIC