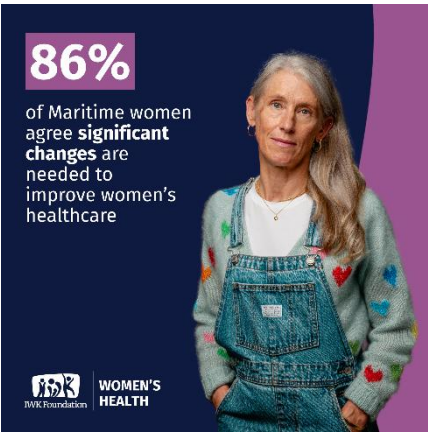
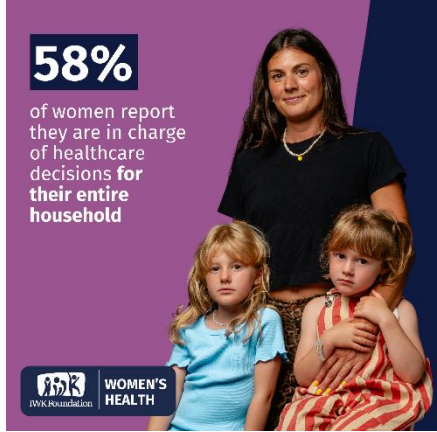


## Women's Health Survey Results

### Social media posts and visuals

Personalize and share the following social media posts on your own channels to help raise awareness about the release of the Women's Health Survey results: *The Voice of Maritime Women – The Unspoken Burden of Women's Health*.

Suggested copy	Suggested visual
<p>I know what it's like when health challenges make everyday life harder.</p> <p>I'm not alone. As part of the largest women's health survey in the Maritimes, more than half of us said our health impacts home and work life.</p> <p>Together, our stories show it's time for women's health to be treated as a priority. We're not just scaled-down versions of men. Our care needs to reflect our bodies, our hormones, and our realities.</p> <p>Learn more at: <a href="http://iwkfoundation.org/women">iwkfoundation.org/women</a></p> <p>#WomensHealth #TheUnspokenBurden #WomensHealthEquityNow #WomensMovement #IWKFoundation</p>	
<p>Sharing my story matters because women's health often goes unheard. I want change, and I'm proud to be part of a collective call for it.</p> <p>Like so many women, I've struggled to manage my health for so many different reasons. But when our voices come together, change is possible. I believe in a better future for women's health. We can and must do better.</p> <p>Learn more at: <a href="http://iwkfoundation.org/women">iwkfoundation.org/women</a></p> <p>#WomensHealth #TheUnspokenBurden #WomensHealthEquityNow #WomensMovement #IWKFoundation</p>	

Suggested copy	Suggested visual
<p>Can you believe it? More than 27,000 women spoke up in the largest women's health survey in the Maritimes. I was one of them.</p> <p>Like many women, I am not only in charge of my own health, but my family's too. Our voices show the need for real change in how women's health is valued and supported.</p> <p>Learn more at: <a href="http://iwkfoundation.org/women">iwkfoundation.org/women</a></p> <p>#WomensHealth #TheUnspokenBurden #WomensHealthEquityNow #WomensMovement #IWKFoundation</p>	
<p>I know what it's like to put my own health on hold.</p> <p>Three in four of us do the same, often downplaying symptoms and prioritizing family and other responsibilities. By adding my voice to more than 27,000 others, I'm calling for systems and support that make it easier for us to manage our health.</p> <p>Learn more at: <a href="http://iwkfoundation.org/women">iwkfoundation.org/women</a></p> <p>#WomensHealth #TheUnspokenBurden #WomensHealthEquityNow #WomensMovement #IWKFoundation</p>	
<p>I'm one of more than 27,000 women who spoke up about my health journey. Together, our voices are powerful, and we can create real change.</p> <p>This is the beginning of a movement for women's health.</p> <p>Learn more at: <a href="http://iwkfoundation.org/women">iwkfoundation.org/women</a></p> <p>#WomensHealth #TheUnspokenBurden #WomensHealthEquityNow #WomensMovement #IWKFoundation</p>	 <p><a href="#">Women's Health Equity Now video</a></p>