

Suggested Social Media Posts to be shared with the logo, calendar, or videos:

Logo

- The National Extension Association of Family and Consumer Sciences proudly celebrates Living Well Month every year in March to promote healthy living and the great work FCS professionals do to educate individuals, families, and communities across the country. #NEAFCS #livingwell [\(insert link to local website/program\)](#)

Calendar

- March is Living Well Month! Use this 31 Days of Healthy Living calendar to help you live better today. #NEAFCS #livingwell

Videos

- Physically, mentally, socially, and emotionally strong families provide strength for future generations. March is Extension Living Well Month! #NEAFCS #livingwell Learn more from Extension! [\(insert video link\)](#)
- Extension initiatives in nutrition, healthy lifestyles, food safety, financial management, parenting, and environmental health enable citizens to gain knowledge and skills to lead full and productive lives. March is Extension Living Well month! #NEAFCS #livingwell [\(insert video link\)](#)