



GIVING TUESDAY **BUILD FAT** **FUTURES**

SHAPING A WORLD FOR EVERY BODY.

NOVEMBER 29TH



ASDAH.ORG



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GIVING TUESDAY

SOCIAL MEDIA TOOLKIT

FOLLOW US:

- **Instagram:** @HAES_by_ASDAH
- **Facebook:** @HAESbyASDAH
- **Twitter:** @ASDAH

HASHTAGS TO USE:

- #GivingTuesday
- #BuildFatFutures
- #ASDAHFatFutures
- #HAES
- #HealthAtEverySize
- #ASDAH

ACTIONS TO TAKE:

- Donate to build fat futures! *Become a recurring donor today.*
- Share the graphics we've provided to garner more visibility to our commitments and to encourage new donors! Please share *before and on the day of Giving Tuesday* on **November 29th!**
- RSVP for our December Event at ASDAH.org/Events!
- Become a member! *Sign up today.*



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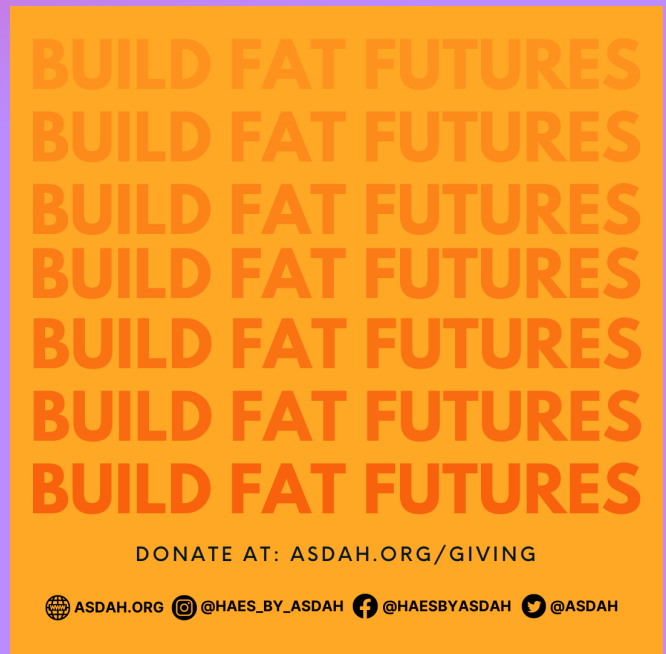
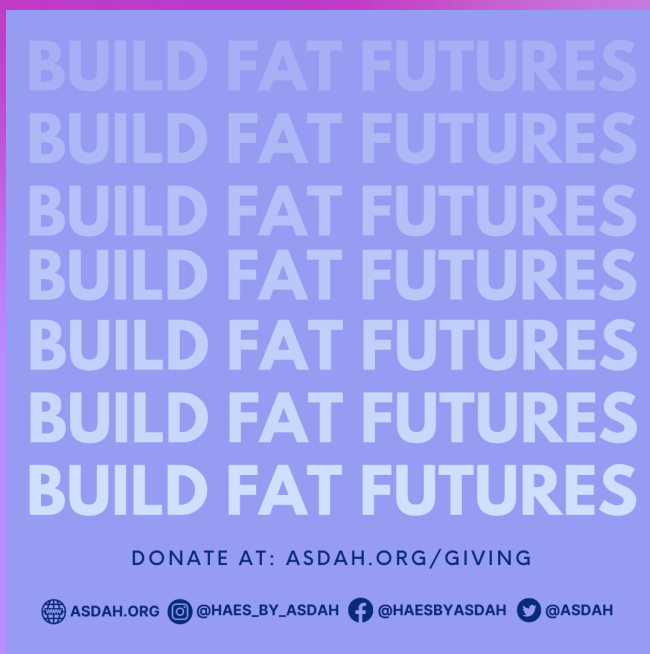


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SOCIAL MEDIA GRAPHICS



DOWNLOAD THE GRAPHICS:

asdah.org/giving



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SAMPLE CAPTIONS

- #BuildFatFutures Support ASDAH's commitment to build a new future by donating to their organization today!
- #GivingTuesday Donate to ASDAH today to show your support for the liberation and care of fat bodied people!
- Build Fat Futures. I donated. Will you? #GivingTuesday
#ASDAHFatFutures #HealthAtEverySize
- Fat Liberation frees everyone. When we fight, we win. Support a new future by donating to ASDAH! #ASDAHFatFutures
- "It is our duty to fight for our freedom. It is our duty to win." - Assata Shakur // For Giving Tuesday, give to organizations changing the world like ASDAH. #BuildFatFutures
- Please support one of my favorite organizations, ASDAH! Their work focuses on Health at Every Size® and transforming care for people of all bodies and sizes. Donate today! #GivingTuesday
- "There is no such thing as a single-issue struggle because we do not live single-issue lives." - Audre Lorde // Support ASDAH today!
#BuildFatFutures



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