**NCOA CDSME Toolkit**

**Sample Copy for Social & Alt Text**

**Alt Text for Social Graphics:**

Grantee Logo. National Council on Aging (NCOA) logo.

A collage of older adults practicing healthy behaviors.

**Social Media (Facebook) Posts:**

**Post 1**

Take control of your healthy aging journey! Attend a FREE class and learn simple steps to improve your health. Discover how to manage pain, communicate with your doctor, exercise safely, and eat healthier. Connect with others who are also looking to control their chronic conditions.

Classes are free. All you need to do is sign up and attend. Find a class near you:
[grantee website/contact info]

**Post 2**
93% of adults 65 and over have at least one chronic condition — but you don’t have to navigate it alone. Join a supportive community of people who share your experiences. Sign up for a free class offering simple, actionable steps to help you live a healthier, happier life, whatever your diagnosis.

✅ Free classes of small groups
✅ 2 hours a week for 6 weeks
✅ Learn to manage symptoms, ask your doctors the right questions, eat healthy, exercise, and more!

Discover local classes and sign up today: [grantee website/contact info]

**Post 3**

Don’t let a “chronic condition” diagnosis make you feel helpless. You can take the wheel on your own health journey with FREE classes offered in your community. Learn self-care strategies, gain a supportive community, and feel empowered to improve your health and your future.

In-person and online classes available. Find one that’s right for you! [grantee website/contact info]

**Post 4**

Living with a chronic condition like diabetes, hypertension, or arthritis can be overwhelming — but you are not alone. Connect with others who share your experience through FREE local classes where you will learn how to cope with your condition.

You’ll get practical tips for:

* Healthier eating
* Exercising to reduce pain and fatigue
* Managing stress and improving sleep
* Asking your doctor the right questions

Find a class near you today: [grantee website/contact info]

**Post 5**

Having a “chronic condition” doesn’t have to be scary. Sign up for FREE classes for older adults where you will connect with others and boost your confidence. You will learn to eat for your health, reduce stress, manage pain, and much more. Don’t get scared, get educated!

Find a local class near you or take one online... [grantee website/contact info]

**Post 6**Healthy aging is a journey, and taking the right steps along the way can mean living longer...and better. Sign up for FREE classes for older adults with chronic conditions who want to take control of their symptoms to live a healthier, better life. You will leave class with:

* Actionable health tips
* Ways to improve communication with your doctor
* A supportive community of people who understand your experiences

Learn more today: [grantee website/contact info]