**FACEBOOK**

1. Making ends meet on a fixed income is no easy task—and rising inflation has made it even more complicated. April 15-19 is Boost Your Budget Week. Use BenefitsCheckUp® to discover what benefits you may qualify for to pay for daily expenses. <https://www.ncoa.org/Boost>
2. The cost of living is going up, making it even harder for you if you’re on a fixed income. Boost Your Budget Week is a good reminder that benefits programs can help you afford necessities—and you can get a free, individualized look at what you qualify for. <https://www.ncoa.org/Boost>
3. What stands between you and a budget built for aging well? Benefits programs can help with costs like utilities, housing, medication, and food. It’s Boost Your Budget Week, so take a few minutes to get a free BenefitsCheckUp® for yourself or a loved one. <https://www.ncoa.org/Boost>

**TWITTER**

1. Making ends meet on a fixed income isn't easy—and #Inflation made it more complicated. Look for food, #medicine, utilities, or transportation #benefits programs with the free BenefitsCheckUp® tool: <https://www.ncoa.org/Boost> #BoostYourBudgetWeek
2. Housing costs are a massive drain on the budgets of older adults. BenefitsCheckUp® connects people to benefits programs that can help with housing and other necessities. <https://www.ncoa.org/Boost> #BoostYourBudgetWeek
3. #Inflation has heightened the threats to older adults’ foundation for aging well: their budgets. Use BenefitsCheckUp® to find benefits that help you afford necessities like utilities. <https://www.ncoa.org/Boost> #BoostYourBudgetWeek
4. Asking for help is hard enough without wondering who you can trust for a straight answer. BenefitsCheckUp® gives personalized advice—no strings attached—on the benefits you might be eligible for. <https://www.ncoa.org/Boost> #BoostYourBudgetWeek
5. Benefits are for more than #food or #medicine. Protect yourself from the rising costs of living by getting a free, confidential look at programs you may qualify for. <https://www.ncoa.org/Boost> #BoostYourBudgetWeek

**LINKEDIN**

1. Making ends meet on a fixed income is no easy task—and the rising costs of living make it even more complicated. Celebrate #BoostYourBudgetWeek April 15-19 by getting an individualized look at benefits you may qualify for. <https://www.ncoa.org/Boost>
2. Finding financial stability can feel like a scramble. #BoostYourBudgetWeek is a good reminder that you can get a free, individualized look at benefits that help you afford necessities. <https://www.ncoa.org/Boost>
3. Many obstacles stand between you and a budget built for aging well. Benefits programs can help with costs like utilities, housing, medication, and food. Celebrate #BoostYourBudgetWeek by getting a free checkup for yourself or a loved one. [https://www.ncoa.org/boost](http://www.ncoa.org/boost)