



JUICE BOSS HQ SOCIAL MEDIA CALENDAR

April 30 – May 4

	Facebook	Instagram	
<p>Monday, Apr 30</p> <p>FB & IG AM:</p>  <p>FB & IG PM:</p> 	<p>AM: Cleanse Special – ***what would you like this to be? I suggest running the special for the entire week.</p> <p>PM: #juicebosshq welcomes our newest massage therapist, Jamie Mieko Steil, LMT LE, to our team!</p> <p>Jamie is an experienced massage therapist and esthetician who loves what she does. She is a graduate of the Utah College of Massage Therapy in Salt Lake City, Utah and Ogle Cosmetology School here in San Antonio. Jamie is licensed by the state of Texas, certified by the National Certification Board for Massage Therapy and Bodywork, and a member of the American Massage Therapy Association.</p> <p>In addition to having 12 years of massage experience under her belt, she is a veteran of the US Army and consistently seeks higher education, currently studying Holistic Nutrition to further her knowledge and passion in personal wellness.</p> <p>Her massage styles range from stress reduction relaxation to sports massage and trigger point therapy. Jamie enjoys working with clients to resolve chronic pain and headaches, focusing on the head, neck, and back, gently ushering your body to relax. Her therapeutic technique will calm your tension and ease you into a more balanced state.</p> <p>To book, please click here: juicebosshqmassage.as.me</p> <p>Book with Jamie and receive \$10 off a one hour massage or \$20 off a 90 min massage</p>	<p>AM: Cleanse Special</p> <p>PM: #juicebosshq welcomes our newest massage therapist, Jamie Mieko Steil, LMT LE, to our team!</p> <p>Jamie is an experienced massage therapist and esthetician who loves what she does. She is a graduate of the Utah College of Massage Therapy in Salt Lake City, Utah and Ogle Cosmetology School here in San Antonio. Jamie is licensed by the state of Texas, certified by the National Certification Board for Massage Therapy and Bodywork, and a member of the American Massage Therapy Association.</p> <p>In addition to having 12 years of massage experience under her belt, she is a veteran of the US Army and consistently seeks higher education, currently studying Holistic Nutrition to further her knowledge and passion in personal wellness.</p> <p>Her massage styles range from stress reduction relaxation to sports massage and trigger point therapy. Jamie enjoys working with clients to resolve chronic pain and headaches, focusing on the head, neck, and back, gently ushering your body to relax. Her therapeutic technique will calm your tension and ease you into a more balanced state.</p> <p>Book with Jamie and receive \$10 off a one hour massage or \$20 off a 90 min massage</p>	


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Tuesday, May 1 FB @ 7:30am & 12pm IG @ 7:30am	AM: How can a juice cleanse help you? **Remind of juice cleanse special** Read what livestrong.com has to say about it: https://www.livestrong.com/article/470434-what-are-the-benefits-of-a-juicing-cleanse/	AM: How can a juice cleanse help you? **Remind of juice cleanse special**	
FB, IG & PT AM:			
IG & FB PM:	PM: #trainingtuesday video	PM: #trainingtuesday video	
***Training video			

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<p>Wednesday, May 2 11:30am</p> <p>AM:</p> <p>BTVR Silver Video</p> <p>PM:</p>	<p>AM: Post BigTV Review silver video **I would like to do a month long boosted promo with this video \$5 a day to start</p> <p>PM: Do you need a cleanse? Read here for more info! https://www.juicebosshq.com/cleanses/</p>	<p>AM: Post BigTV Review silver video</p> <p>PM: Wellness Wednesday Spring is here. Are you on your way to healthy living? Click to learn how chiropractic care can help you move forward. AM: Acute Pain and Injury Age-Related Conditions - Chiropractic treatment has been shown to help in the care and relief of degenerative joint and disc disease, postural problems and other age related conditions. Chronic Pain – So many people suffer from chronic pain related to migraines and tension stress headaches fibromyalgia, stiffness, and sciatica. These are the types of issues that respond very well to chiropractic care. Athlete Care – Dr. Boss has a long track record working with and treating athletes from the professional, college and high school ranks to the weekend warrior. One thing is certain, if you are an athlete, you need chiropractic care. Experience is important when treating an athlete and Dr. Boss has over 26 years of working with athletes of all sports, shapes and sizes. Pregnancy – It is well known that chiropractic care can help a pregnant mother feel better. The changes that pregnancy can take on the body are many, back pain, neck pain and headaches don't have to be any of them. Gentle chiropractic treatment helps greatly with the pains related to being pregnant. Maintaining a well functioning spine during pregnancy can also make labor and delivery a snap.</p>

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		<p>Preventative Health & Wellness – Dr. Boss offers preventative chiropractic healthcare to keep you strong, mobile and feeling your best.</p>		
<p>Thursday, May 3 FB @ 7:30am IG @ 10:30am</p> <p>FB & IG:</p> <p>Boomerang video</p> 	<p>AM: How can Myofascial Release massage help you? Click here to learn more: https://myofascialrelease.com/treatment/</p> <p>Want to learn about our amazing massage therapists? Click here to learn more: https://www.juicebosshq.com/bossmassage/</p> <p>PM: https://youtu.be/h34e7lwoALI</p> <p>Zoo La-La! A Taste of San Antonio is the zoo's "Taste Of" fundraiser for adults. And we're going to be there! Join us Thursday, May 10 at 7:00pm. We'll be there 50 of San Antonio's premiere restaurants! Come sample our juice!</p> <p>Click here for tickets: http://sazoo.org/zoo-la-la/</p> <p>**Tag SA Zoo</p>	<p>Our Juice of the Day is Einstein's Elixir, made with pineapple, pear, lemon and ginger.</p> <p>Pears are high in fiber containing nearly 20% of the body's daily suggested amount of fiber. Fiber also helps the body feel full longer, so eating a healthy between-meal snack, such as a pear, will keep you going.</p>		

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	Facebook	Instagram		
Friday, May 4 FB @ 7:30am IG @ 9am	Blog post Topics to write about: Chiropractic care and how it will help with....everything Massage and how it helps with health	Excerpts from blog		