

JTSSF Social Media Recruitment Template

Hello. My name is [Your Name] and I am a student researcher with UC Berkeley's Health Research For Action. We are currently recruiting participants from Alameda and Contra Costa counties for our Health Coaching and Technologies Study and would like to ask if you would be interested in promoting our study to your [members, etc.] by posting a flyer for our study on your social media page.

We are studying how lifestyle changes can help better control high blood pressure to decrease risks of health problems, like stroke and heart attack. We are especially interested in supporting our local community's health and that is why we want your help with outreach!

I have sent a photo of our flyer with further information about our study and frequently asked questions below. Please feel free to reach out to me with any questions and if anyone would like to contact us about our study or volunteer please email health.research.action@gmail.com or call us at (510) 462-2088.

Thank you!

Caption: (post w the flyer image)

Want to learn how to better control your hypertension? This UC Berkeley study needs volunteers like you!

- ✓ Live in Alameda or Contra Costa county
- ✓ 18-65 years old
- ✓ Have a blood pressure 140/90 or higher

Email us at health.research.action@gmail.com or call us at (510) 462-2088!