

2021 Virtual Polar Plunge for SOBC social media guide

Special Olympics BC



#FreezinForAReason
plunge4specialolympics.com

BC Law Enforcement Torch Run



Suggested posts

Facebook

- Join fearless and fun-loving Plungers for the first-ever Virtual Polar Plunge for [@specialolympicsbc](https://www.facebook.com/specialolympicsbc)! Everyone all over the province can get #FreezinForAReason. Register and raise funds, then plunge at home between February 20 and March 7. Sign up and support Special Olympics BC's empowering programs for people with intellectual disabilities. www.plunge4specialolympics.com

Twitter

- Get #FreezinForAReason with the Virtual Polar Plunge for [@sobcsociety](https://twitter.com/sobcsociety)! This [@BCLETR](https://twitter.com/BCLETR) event is lots of fun and makes a difference for athletes with intellectual disabilities across B.C. Sign up & raise funds, then plunge at home between February 20 & March 7 www.plunge4specialolympics.com

Instagram

- Will you accept the chilly challenge? Show your courage and creativity with the Virtual Polar Plunge for [@specialolympicsbc](https://www.instagram.com/specialolympicsbc)! Plunging and donating makes a difference for Special Olympics BC's life-changing programs for people with intellectual disabilities throughout our province. Sign up and raise funds, then take the Plunge at home between February 20 and March 7. Learn more at www.plunge4specialolympics.com #FreezinForAReason

LinkedIn

- You can make waves with the first-ever Virtual Polar Plunge for [Special Olympics British Columbia](https://www.linkedin.com/company/special-olympics-british-columbia)! Brave Plungers will get up close and personal with icy waters to raise funds and awareness for Special Olympics BC. Sign up and register, then take the Plunge at home between February 20 and March 7. Learn more at www.plunge4specialolympics.com



Partnering with



In support of

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Olympics**
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