



2023 Polar Plunge for SOBC Social Media Guide

Special Olympics BC



BC Law Enforcement Torch Run



#Plunge4SOBC

plunge4specialolympics.com

Suggested posts ([Click here for graphics](#))

Facebook

- Join fearless and fun-loving participants for the Polar Plunge for @specialolympicsbc! Everyone all over the province can #Plunge4SOBC. Register and raise funds, then plunge at a community event or from home between February 18 and March 4. Sign up and support Special Olympics BC's empowering programs for people with intellectual disabilities. www.plunge4specialolympics.com

Twitter

- Get bold & cold with the Polar Plunge for @sobcsociety! This @BCLETR event makes a difference for athletes with intellectual disabilities across B.C. Sign up & raise funds, then #Plunge4SOBC at a community event or from home between Feb 18 and Mar 5 www.plunge4specialolympics.com

Instagram

- Will you accept the chilly challenge? Show your courage and creativity with the Polar Plunge for @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 #Plunge4SOBC at a community event or from home between February 18 and March 5. Learn more at www.plunge4specialolympics.com

LinkedIn

- You can make waves with the Polar Plunge for 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 #Plunge4SOBC in person or at home between February 18 and March 5. Learn more at www.plunge4specialolympics.com



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