



# 2023 Polar Plunge for SOBC

## Social Media Guide for Participants

Special Olympics BC



BC Law Enforcement Torch Run



**#Plunge4SOBC**

[plunge4specialolympics.com](http://plunge4specialolympics.com)

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

### Facebook

- Proud to make a splash with the Polar Plunge for [@specialolympicsbc](#) – taking place February 18 to March 5! I challenge you to #Plunge4SOBC and make a difference for Special Olympics BC's life-changing, year-round programs for athletes with intellectual disabilities [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)

### Twitter

- Proud to make a splash with the Polar Plunge for [@sobcsociety](#) – taking place Feb 18 to Mar 5! I challenge you to #Plunge4SOBC and make a difference for SOBC's life-changing programs for athletes with intellectual disabilities [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)

### Instagram

- Proud to make a splash with the Polar Plunge for [@specialolympicsbc](#) – taking place February 18 to March 5! I challenge you to #Plunge4SOBC and make a difference for Special Olympics BC's life-changing, year-round programs for athletes with intellectual disabilities [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)

### LinkedIn

- Proud to make a splash with the Polar Plunge for [Special Olympics British Columbia](#) – taking place February 18 to March 5! I challenge you to #Plunge4SOBC and make a difference for Special Olympics BC's life-changing, year-round programs for athletes with intellectual disabilities [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)



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