

Social Media Calendar - OAND 2015

January 2015							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan	2-Jan	3-Jan
Twitter Topic					Happy New Year	Preparing for Pregnancy	Insomnia
Keywords						#OANDCON2014	
Featured Blog						Chistopher Sawton ND	Andrea Hornyak COLUMN: Insomnia & sleeplessness is
Facebook Topic					Hangover Tips	Detox	Pregnancy Dreams
Featured Blog							
	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Twitter Topic	Flu Vaccinations	Winter Pain	Detoxing	Winter Ailments	Role of Naturopathic Medicine	Winter Heath with Herbs	Reflexology
Keywords							
Featured Blog							
Facebook Topic	Flu Vaccinations		Detoxing			Herbs for Winter Health	
Featured Blog							
	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Twitter Topic		Yoga in The Winter		Natural Remedies for Winter Ailments	Vitamin D Deficiency	Eating Fruit in Winter	Flu Shots
Keywords							
Featured Blog							