

**Suggested Hashtags**

**General Campaign:** #IgnoreNoMore #Sarcoidosis #StopSarcoidosis #ChronicIllness #ChronicIllnessSupport #SarcoidosisWarrior #sarcwarrior #BlackHealth #BlackWomensHealth #WomensHealth #raredisease #SpoonieLife #HealthDisparaties #AskEngageConnect

**Black History Month:** #BlackHistoryMonth #BlackWomenLead #MadeInColor #ListenToBlackWomen #BlackHealthMatters #BlackIsBeautiful

**Heart Month: #**HeartMonth #CardiacSarcoidosis #GoRedForWomen #WearRedDay #HeartHealth #HeartHealthMonth

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| **JANUARY WEEK 1** |
| **Date** | **Image** | **Copy** |
| **Monday, 1/31** | Graphical user interface, text  Description automatically generated | I am proud to celebrate #BlackHistoryMonth this February by centering Black health initiatives like the upcoming @stopsarcoidosis #IgnoreNoMore: African American Women & #Sarcoidosis Campaign. Learn more <https://bit.ly/3DG6FXc>#sarcoidosis #blackhistorymonth#blackwomenshealth |
| **FEBRUARY** |  |
| **Date** | **Image** | **Copy** |
| **Tuesday, 2/1** | Text  Description automatically generated | I am proud to support @stopsarcoidosis by raising awareness about disparities in healthcare for African American women. Learn more <https://bit.ly/3DG6FXc> #IgnoreNoMore #BlackHistoryMonth #blackwomenshealth #raredisease #sarcoidoosis #DEI #blackgirlmagic |
| **Friday, 2/4** | A picture containing text, person, posing  Description automatically generated(LINK TO VIDEO) | Watch as actress Jeryl Prescott Gallien discusses her journey with cardiac sarcoidosis as part of the @stopsarcoidosis #IgnoreNoMore campaign (video link) #WearRedDay #WearRedDay2022 #sarcoidosis #blackwomenshealth#blackgirlmagic#blackhistorymonth#heartmonth***Note: Video link will be shared by FSR on Friday morning to post with copy.*** |
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