

**Suggested Hashtags**

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

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

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

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| **MARCH** | **WEEK 5** |
| **Date** | **Image** | **Copy** |
| **Tuesday, 3/1** |  | I am proud to be an advocate for @stopsarcoidosis to raise awareness of African American women and sarcoidosis. Keep the conversation going and learn more <https://bit.ly/3DG6FXc> #IgnoreNoMore #blackwomenshealth #raredisease #sarcoidosis |