



## Media Post Submission Form

### Instructions:

1. Understand there is a 2-week advance notice required for all posts
2. Complete this entire form (incomplete submissions will not be approved)
3. Write compelling copy and design your graphic (use Canva template provided)
4. Choose your desired hashtags (use the guide provided/committee)
5. Email this form and designed graphic to [media@alliance-aromatherapists.org](mailto:media@alliance-aromatherapists.org)

**Your Name:** \_\_\_\_\_ **For Which Committee:** \_\_\_\_\_

**Your Email:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_ **Requested Media Post Date:** \_\_\_\_\_

**Additional Media Post Date (if required):** \_\_\_\_\_

**Which social media platforms would you like this posted on?**

Instagram  Facebook  LinkedIn  Twitter

**Post Copy:**

**If including on Twitter, provide copy within the 280 character limit below:**

**List your hashtags here:**