

# march<sub>2022</sub>

## social media planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> Post something most people may not know about your doctor	<b>2</b> Look at your reviews and share a positive one	<b>3</b> Post about why or how your business got started	<b>4</b> #FAQFriday post a FAQ with the answer	<b>5</b> #SaturdayStyle - Share a photo of a stylish frame from your office	<b>6</b> #SundayFunDay post something fun you're doing today
<b>7</b> Ask a question to get some engagement	<b>8</b> International Women's Day. Post something inspirational	<b>9</b> #WellnessWednesday share what foods promote eye health	<b>10</b> Share FAQ's about LASIK and to ask OD if you're a candidate	<b>11</b> Find a trending or funny eye related meme to share	<b>12</b> National Plant a Flower Day! Plant a flower in front of your office or in a pot and share a pic	<b>13</b> Daylight Savings! Remind your followers to spring ahead!
<b>14</b> Pi Day! Share a corny 3.14 joke or share a pie with your office	<b>15</b> #TipTuesday - share a quick tip about eye care	<b>16</b> Thank your followers	<b>17</b> St. Patrick's Day! Post a photo of some green glasses	<b>18</b> Use #FrameFriday and post a photo of a non-traditional frame you offer	<b>19</b> #WeekendVibes - find something chill or relaxing to post	<b>20</b> First day of spring! Share something colorful and spring-like from around your office
<b>21</b> use #MondayMotivation and post something motivational	<b>22</b> Share something from your website and encourage followers to visit it	<b>23</b> World Optometry Day! Share something about Optometry and use #WorldOptometryDay	<b>24</b> #ThrowbackThursday share a photo of a staff member wearing glasses from a long time ago	<b>25</b> use #FashionFriday and post a photo of your personal favorite frame	<b>26</b> Share a cornea eye joke	<b>27</b> Post a quote that is related to sight or vision
<b>28</b> Find an optical illusion to share	<b>29</b> National Mom and Pop Business Owners Day	<b>30</b> National Doctor's Day. Share a photo of your doc(s)	<b>31</b> Share something about a local or neighboring business and tag them			

### NOTES

Workplace Eye Wellness Month

World Optometry Day - 3/23

---



---



---

### COMING NEXT MONTH

Sports Eye Safety Month

World Health Day - 4/7

---



---



---

brought to you by:

