

Community Wellness Communications

Newsletter Article/Social Media Submission

Please include this form along with your content and email to Jan & Theresa

Is this:

Newsletter Article (due by the 1st of the previous month)

Social Media post (due by the 15th of the previous month)

Date of Event

Calendar Item (due by the 15th of the previous)

Date of Event

[https://
accessibility.huit.
harvard.edu/
describe-content-
images](https://accessibility.huit.harvard.edu/describe-content-images)

For newsletter articles:

Please attach the required photo to your email submission.

Photo source

Alt text ([Helpful alt text tips from Digital Accessibility Services at Harvard](#))

Article Title

Did you include your contributor info at the bottom of your article? Ex:

Submitted by:

Caroline McIntosh, MSc

Wellness Facilitator

Interlake-Eastern Regional Health Authority

cmcintosh@ierha.ca

Did you include an IERHA logo? IERHA logo alt text:

*Interlake-Eastern Regional Health Authority with blue
outline of a person with outstretched arms.*



Interlake-Eastern
Regional Health Authority

Please email your articles to Theresa and Jan by the 1st of the previous month so it can be accessibility checked and sent for French translation.

For social media posts and calendar items:

Do you have a poster or image? If so, please attach it to your email

Alt text for your poster or image:

Short blurb you would like posted online, make sure you include any applicable registration information or links.

Please send your social media posts and calendar items by the 15th of the previous month