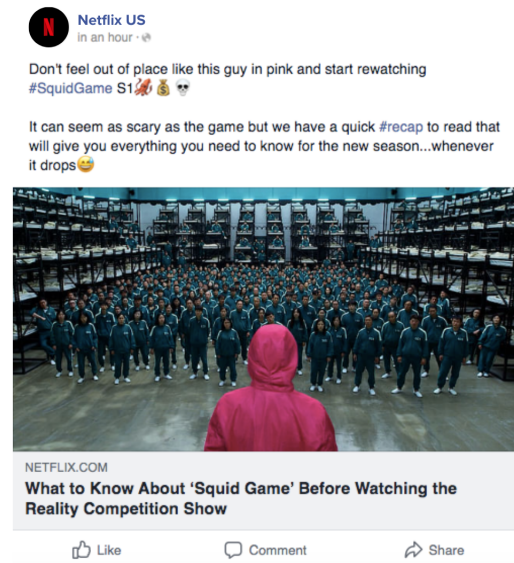
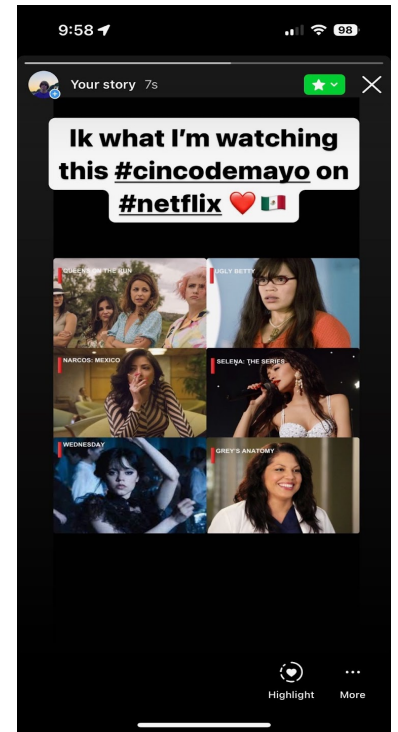


**Marlowe Dunn Flom**  
**Social Media Content Portfolio (Unpublished and Published Content)**

- Netflix Social Media Campaign Assignment for FSU SCOM PUR 3100 Writing for PR Class Fall '23 (unpublished):



- Client work done during my Fall 2023 Moore Digital Content Internship for a Florida focused healthcare provider (published but unable to disclose the specific client):
  - These are mainly posts on X but the same copy and images would be found on this account's Facebook

3 months ago · 🌐

With the passing of Jimmy Buffett, we are reminded of how critical it is to stay vigilant about skin cancer.

Click the link to learn about how to identify and prevent this aggressive disease that's on the rise in the Sunshine state:



TAMPABAY.COM  
**Florida dermatologists warn about the skin cancer that killed Jimmy Buffett**

👍 Like    💬 Comment    ➦ Share


This helpful article shares Medicare Supplement resources, prices, and advice to help you find your best plan:  
[www.forbes.com/health/medi...](https://www.forbes.com/health/medi...)



4:31 PM - Sep 20 2023

💬    ↺    ❤️    ➦

Click the link to check out some at-home tech devices that can help make senior living safer 📶  
[www.nytimes.com/wirecutter...](https://www.nytimes.com/wirecutter...)



3:19 PM - Sep 21 2023

💬    ↺    ❤️    ➦

Daily habits such as rest, exercise and nourishment can help cut your risk of depression in half.

Learn more 🌞  
[www.npr.org/sections/healt...](https://www.npr.org/sections/healt...)



2:52 PM - Sep 27 2023

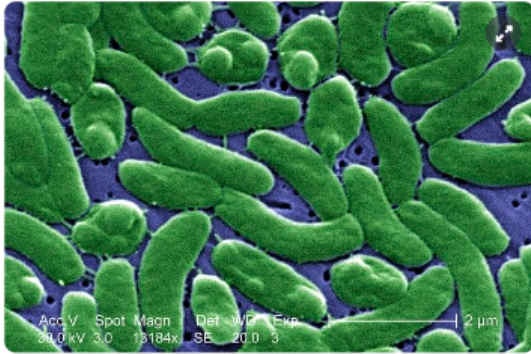
💬    ↺    ❤️    ➦



Be careful swimming at the beach with an open wound.

@CDCgov is issuing a warning about a new bacteria in Florida's ocean waters:

[www.washingtonpost.com/hea...](http://www.washingtonpost.com/hea...)



12:08 PM - Sep 28 2023



100 year old Shirley Bernstein shares her secrets to living long and well:

- Make smart lifestyle choices
- Have a positive outlook
- Have fun

Read more

[www.today.com/health/women...](http://www.today.com/health/women...)



3:01 PM - Oct 5 2023



Starting Medicare can make anyone feel like a rookie, even @MagicJohnson.

Read the article below to learn about Medicare enrollment

[www.sftimes.com/news/medi...](http://www.sftimes.com/news/medi...)



9:52 AM - Oct 6 2023



Did you know you can prevent cancer with a 6 step diet?

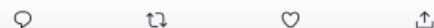
1. Plant based eating
2. The right kind of proteins
3. Hydration

Read to find out all 6 of a nutritionist's tips to prevent cancer with what you eat:

[www.foxnews.com/health/can...](http://www.foxnews.com/health/can...)



4:39 PM - Oct 19 2023



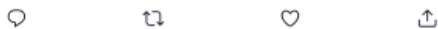
Smoke from Canadian wildfires still persists in Florida and poses a health risk to you, your pets and work animals 🔥

Click below to learn how the smoke affects animals, how to protect them from exposure, and treat them if affected ⬇️

[www.news-journalonline.com...](http://www.news-journalonline.com...)



10:26 AM - Oct 20 2023



Have you been very cynical lately? Maybe unmotivated or even exhausted?

You may be experiencing Autumn Burnout, related to seasonal depression but with certain symptoms and causes unique to Fall.

Read how you can effectively treat it 🍁  
[theeverygirl.com/autumn-bu...](http://theeverygirl.com/autumn-bu...)



8:44 AM - Oct 25 2023



Researchers have discovered that a combination of aerobics and strength training lead to better brain health as you age.

Read more:

[fortune.com/well/2023/09/2...](http://fortune.com/well/2023/09/2...)



2:15 PM - Oct 26 2023



Happy Halloween! 🎃 Some tips to stay safe tonight:

- 👻 Use caution with makeup
- 👻 Check candy for allergies
- 👻 Stay up-to-date on vaccines

[www.southcentralfloridalif...](http://www.southcentralfloridalif...)



3:28 PM - Oct 31 2023



Social activities and a sense of community can have a meaningful impact on health and chronic disease symptom management.

Read more:

[multiplesclerosisnewstoday...](#)



8:56 AM - Nov 2 2023



As Veterans Day approaches, some tips to help cope with holiday loneliness include:

- 🇺🇸 Connecting with other veterans
- 🇺🇸 Volunteering
- 🇺🇸 Planning events ahead

[news.va.gov/125184/how-vet...](https://news.va.gov/125184/how-vet...)



2:41 PM - Nov 9 2023



Did you know a high sugar diet can lead to brain decline?

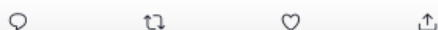
Similarly, did you know obesity has been linked to neurodegenerative conditions?

Click below to learn why unhealthy, sugary diets stop us from naturally clearing or brains of brain clutter 🧠

[www.medicalnewstoday.com/a...](https://www.medicalnewstoday.com/a...)



9:06 AM - Nov 15 2023



November is Alzheimer's Disease Awareness month and Broward County based Dr. Souffront says to prevent Alzheimers:

- 👥 stay social
- 🥗 try the Mediterranean Diet
- 🕒 stick to a routine
- 🎮 play games

[southfloridahospitalnews.c...](https://southfloridahospitalnews.c...)



3:19 PM - Nov 16 2023

