



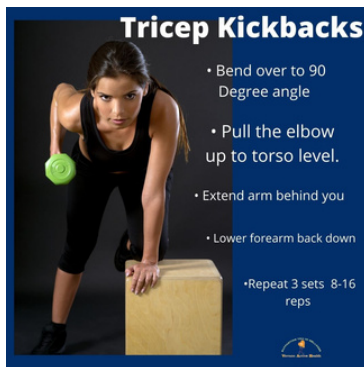
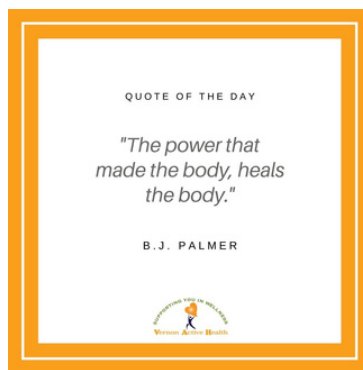
# Social Media Portfolio

A DIGITAL MARKETING &  
PERSONAL BRANDING AGENCY





We helped Vernon Active Health create social media graphics for years. The practice was sold in 2022 and rebranded with the new owners.



*"At Vernon Active Health, we believe your muscles are an integral part of your overall movement patterns, which is why we pay special attention to them. When your muscles and spine work harmoniously together, your ability to walk, jog, run and play sports becomes much easier – AND with less pain and fewer injuries!"*

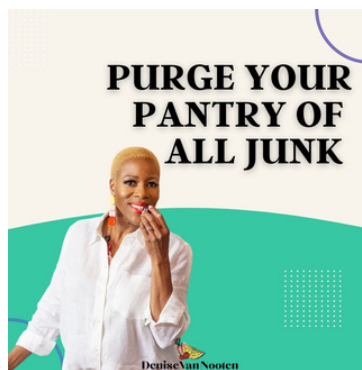
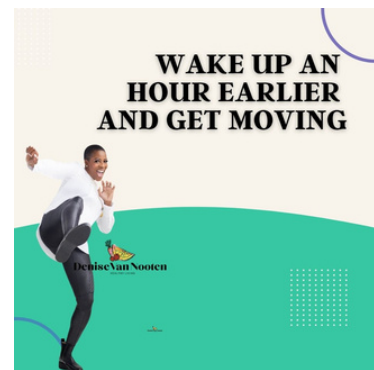
[@vernon\\_active\\_health](https://www.instagram.com/vernon_active_health)



# Denise Van Nooten

HEALTHY LIVING

We helped Denise for about a year with her social media and email marketing until she felt it was time for her to take it back over. We helped her rebrand her content (colors and images) She also specified she wanted all of her social posts to have movement.



*"As a Gut Health Coach, I'm here to guide you, educate you, and empower you to make informed choices that nurture your gut and enhance your well-being."*

[@denisevannootenhealthyliving](https://www.instagram.com/denisevannootenhealthyliving)

# Kimberly Mathis

We worked with Kimberly on social media marketing and email marketing for about a year. She is a life coach working to help her clients make decisions and get their life going. She has since rebranded and refocused her work.



## What do I do?

I CAN HELP YOU STOP FEELING CONTROLLED BY OTHER PEOPLE AND SITUATIONS.

KIMBERLYMATHIS.COM

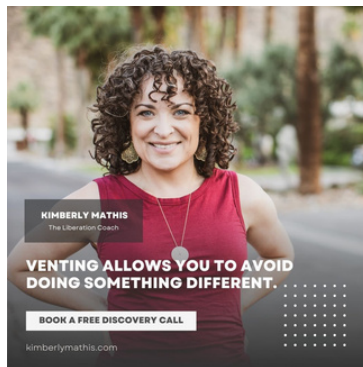


"All the BS that your brain flings at you when you start dreaming and scheming is its really adorable attempt to keep you comfortable."

- Kimberly Mathis

YOU CAN BUILD ANY TYPE OF RELATIONSHIP YOU WANT.

KIMBERLYMATHIS.COM



DON'T THINK ALL ADVICE IS THE RIGHT ADVICE FOR YOU.

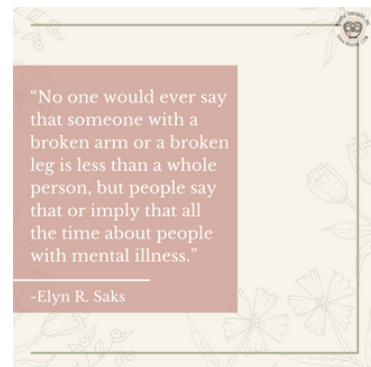
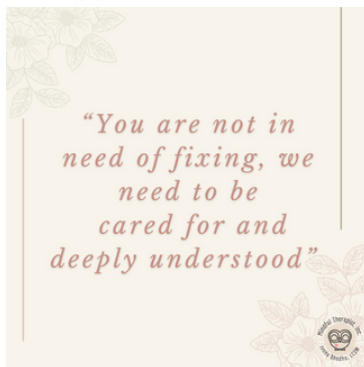
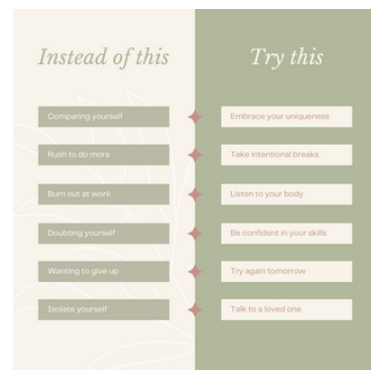
@THE.LIBERATION.COACH

*"You can decide what you will and won't do ahead of time - whether it's saying no to a glass of wine at the end of the day, or saying yes to putting your feet up and letting the dishes stay in the sink - and can create a plan to make that decision easier to follow through on."*

@thekimberlymathis



We are currently working with Ivona on her social media marketing and website maintenance. We write 1 blog a month for her to help boost her websites SEO.



"My wish is for you to feel comfortable in your skin, safe with others, and meet life's challenges with confidence. It would truly be my privilege to help guide you in your journey."

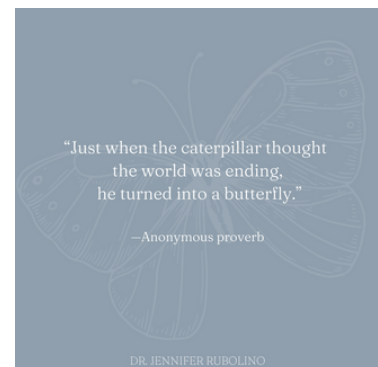
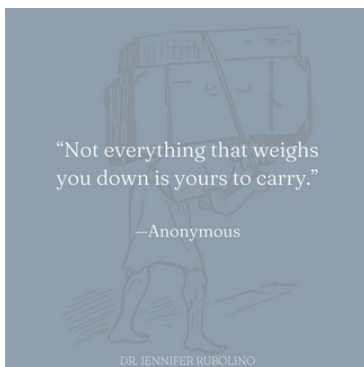
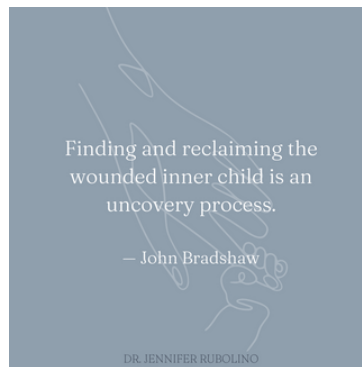
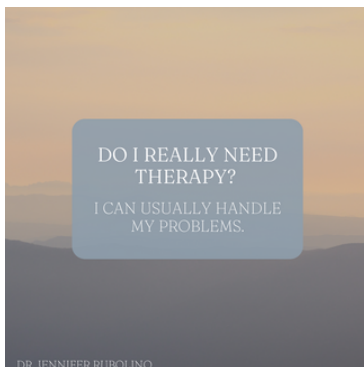
@mindfultherapistinc



# Dr. Jennifer Rubolino

FIND YOUR BALANCE

We are currently working with Dr. Rubolino on her social media marketing and web maintenance. We write 1 blog a month for her to help boost her websites SEO.



*"Explore, process, and resolve internal conflict and overwhelming emotions through online or in-person therapy options for Florida residents. Treatment options help expand your capacity for closer and more connected relationships with loved ones, and the resolution of highly charged emotional experiences and trauma."*

@drjenniferrubolino