



## SOCIAL MEDIA POSTS – AWARENESS AND PERSONAL STORIES

### General Awareness Posts

1. 🧑‍🦹 Calling All Heroes!  
The Superhero Heart Run is coming, and we need YOU to help “Save the Day for CHD!” ❤️  
Join us or donate to support kids born with Congenital Heart Disease (CHD) – the #1 birth defect in the world.  
[\[INSERT LINK\]](#)
2. ❤️ Did you know?  
1 in 100 babies is born with CHD.  
That's 40,000 kids every year in the U.S. alone.  
Join the fight and help us raise awareness and funds by donating below!  
[\[INSERT LINK\]](#)

### Personal Story Posts

3. 🧑 Meet [\[Your Heart Hero's Name\]](#)!  
[\[He/She/They\]](#) fight CHD every single day with more strength and courage than you can imagine. That's why I run. That's why I fundraise. That's why I need YOUR help.  
Donate here ➡ [\[INSERT LINK\]](#)
4. 📷 [\[Post a baby photo vs. now photo of your Heart Hero\]](#)  
Look how far [\[Heart Hero Name\]](#) has come! From open-heart surgery to superhero strength!  
We're raising money to support families like ours—and we'd love your help.  
Click to donate ➡ [\[INSERT LINK\]](#)



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