emerge SOCIAL MEDIA MARKETING

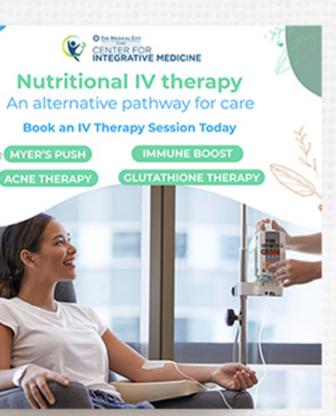
## POR FOLIO

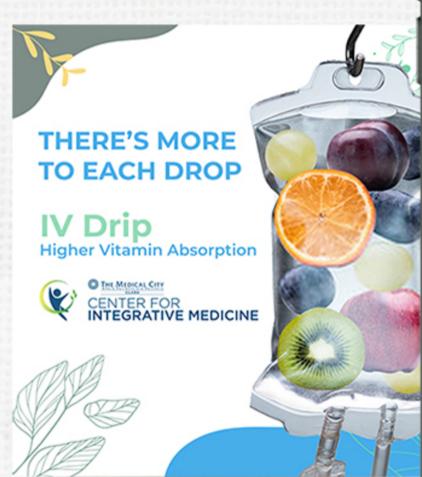
HEALTHCARE VERTICALS

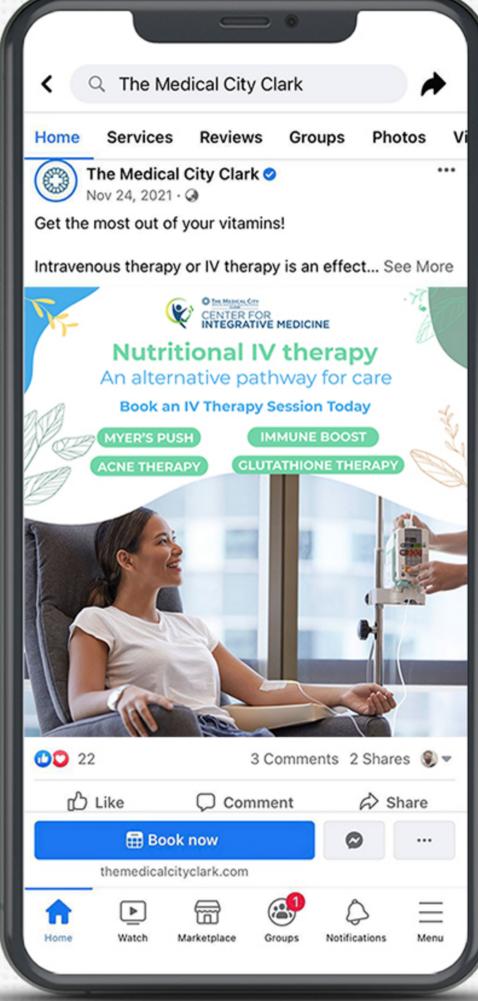
# SOCIAL MEDIA

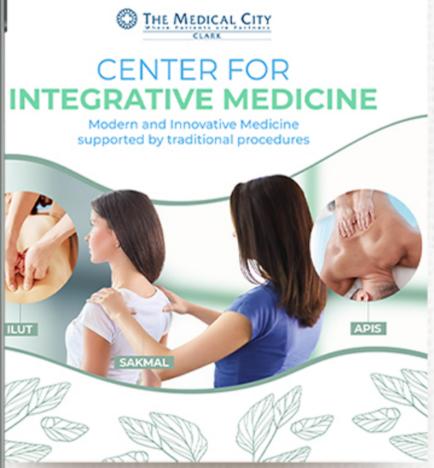




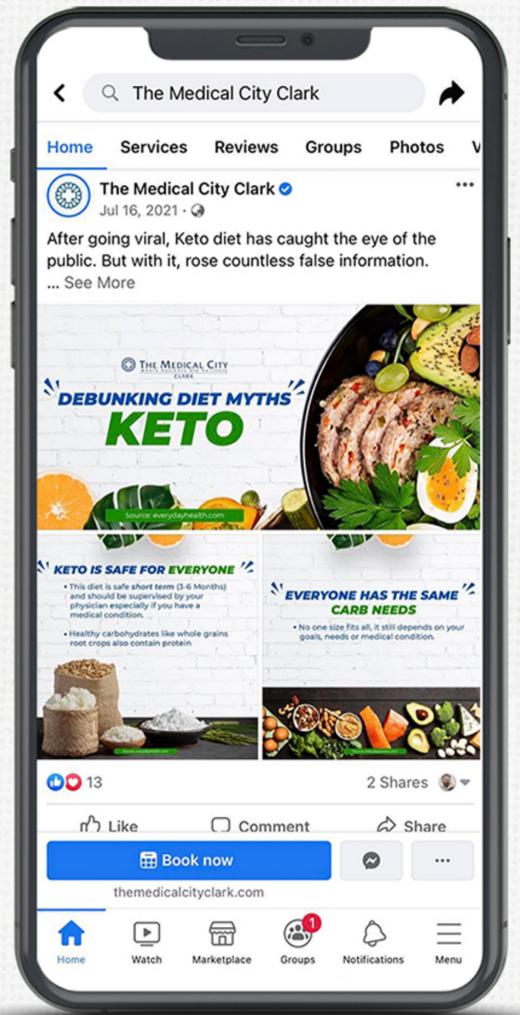








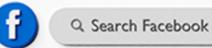




































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**₩** LIKE









### 354 MILLION.

That's how many people worldwide live with Hepatitis B and C, according to the World Health Organization. More importantly, that's also the number of people suffering from stigmas and discrimination because of the diseases.

Let's keep our minds open to hepatitis B and C and offer support to those who need it.

#BestCareWithinYourReach #TheMedicalCityClark #DoNotDelayYourHealth Wishing you a Happy Chinese New Year!

May your year of the tiger be roaring with wonderful memories and travels.

#ClarkInternationalAirport #YourGatewayToMore #LIPAD #CRK #ClarkAirport #ClarkNaTayo #CloserToWhatMattersMost

### Mustá naka?

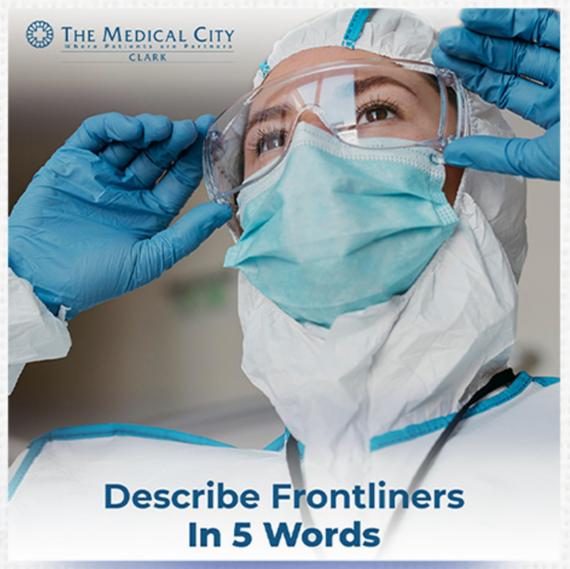
Some Kapampangans may be known for their loudness, yet this phrase simply shows how open they are in expressing their concern.

Tell us in the comments what your Kapampangan friends say to you when you're sick.

#TheMedicalCityClark #BestCareWithinYourReach #ASafeZoneForAllPatients

#DoNotDelayYourHealth





The pandemic continues and the people that comprise our strongest defense in containing this virus are our frontliners.

However, superheroes never reveal their identities. Tell us you're a frontliner without actually telling us you are. ⊠

To all frontliners, we thank you for your selfless contributions and sacrifices. Mabuhay kayo!

#BestCareWithinYourReach #TheMedicalCityClark #DoNotDelayYourHealth What's the first thing that comes to mind when you think of our frontliners?

#DescribeFrontlinersIn5Words and send some appreciation to all our health workers! Comment your answer below and tag a frontliner you know too!

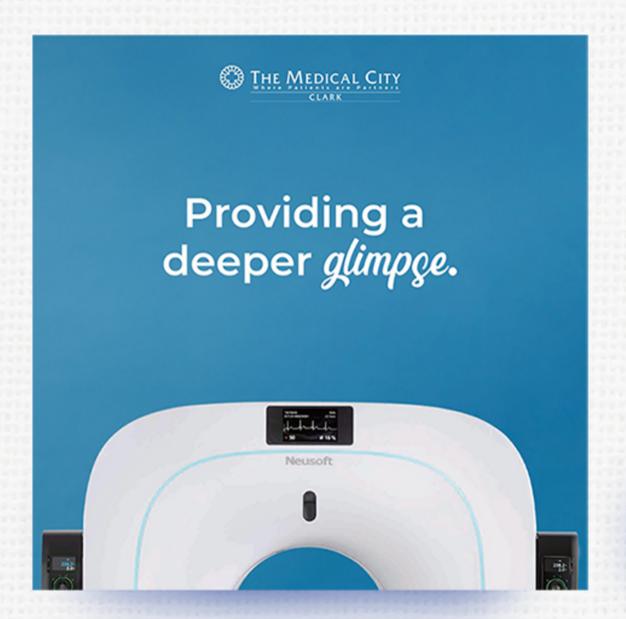
#BestCareWithinYourReach #TheMedicalCityClark #DoNotDelayYourHealth #SafeZoneForAllPatients



The best medical service comes from the most caring hands. This coming Nursing Licensure Exam, we wish you nothing but the best of luck!

See you at the nurse station, future RNs!

#NursingLicensureExam2021 #BestCareWithinYourReach #TheMedicalCityClark #DoNotDelayYourHealth #SafeZoneForAllPatients #PapasaAko See less





When it comes to tumors, early detection can save lives!

Molecular Imaging provides a deeper look into your condition by reaching cellular and subcellular levels, a necessary procedure to detect cancer cells.

Watch out for more like this as our Julius K. Quiambao Nuclear Medicine and Molecular Imaging Center opens soon!

#BestCareWithinYourReach #TheMedicalCityClark #DoNotDelayYourHealth #SafeZoneForAllPatients Napasugod si Kapitan sa tindahan ni Berto, tila nag-aalala. Bakit kaya?

#VaccToTheFuture #TheMedicalCityClark #ASafeZoneForAllPatients #DoNotDelayYourHealth

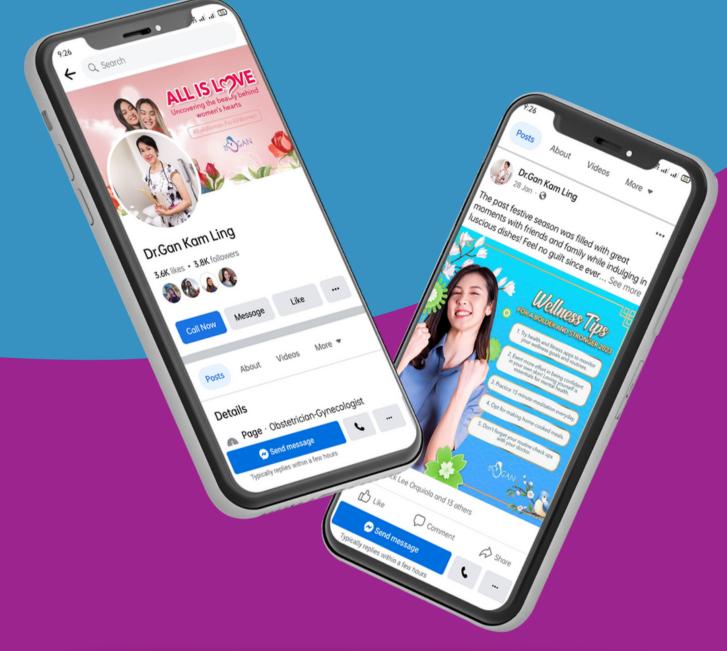


Filipino time applies to everything except for one: flights. Why? It remains a mystery. But one thing's for sure, it has become a Filipino norm to be as ridiculously early for flights as possible.

So how early are you for your flight?

#ClarkInternationalAirport #YourGatewayToMore #LIPAD #CRK #ClarkAirport #ClarkNaTayo #CloserToWhatMattersMost

### SOCIAL MEDIAT

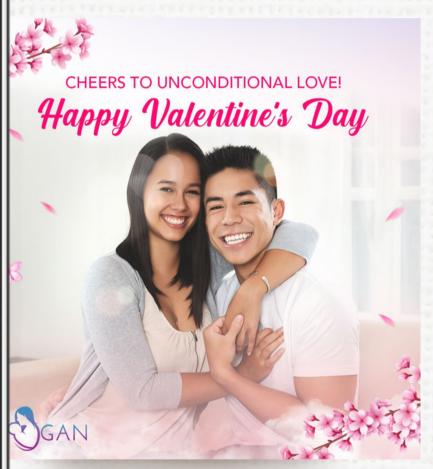




























Let's face a fact: self-care is for everyone and there are a lot of alternatives from the famous and expensive products!

Self-care is pictured as luxurious, expensive and inaccessible. But the truth is that self-care is essential in our lives! All you need is the right attitude. Through a trial and error process, you will eventually find the right self-care routine that matches your concerns and preferences.

This serves as a reminder that caring for yourself first is okay and it's an essential practice for your good health.

#drganpenang #womenshealth #obstetricianpenang

#gynecologistpenang #penang #GleneaglesHospitalPenang

#ByAWomanForAllWomen #SelfCare #GetItRight

We all want to be fabulously healthy and live a long and happy life. However, we may be unaware that each of us holds the solution to accomplishing these goals right within ourselves—self-care.

Today, be inspired, motivated, and reminded of the value of being nice to yourself in this challenging world as you embark on a new week in full bloom.

#drganpenang #womenshealth #obstetricianpenang #gynecologistpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #SelfCare #GetItRight #inspirationalquote



**Happy International Friendship Day!** 

Let's give it up for all the different kinds of friends in our lives who support us on our journey. There's the friend you speak to all the time. The old friend you rarely speak to but who somehow knows just the right thing to say when you tell her about your troubles.

Tag your friend and let them know you are grateful for them being there for your highs and lows.

#drganpenang #womenshealth #obstetricianpenang #gynecologistpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #SelfCare #GetItRight #InternationalFriendshipDay



Finding out you're expecting is big and exciting news! Many individuals dream of the day when they can say "I'm pregnant", but how you reveal this news is another story.

There is no one way to announce your pregnancy and we're here to help. From the cute and funny to the downright sentimental, check out our favorite pregnancy announcements—for family, friends, and social media.

Share yours by joining our "Memorable Moments: My Best Birth Story Giveaway", click here for more details bit.ly/MemorableMOMentsGiveaway

#gynecologistpenang #obstetricianpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #MyMemorableMOMents #pregnancyannouncement



Motherhood is a special feeling, but along with the joy of bringing light to a new life comes a barrage of emotions.

With the hustle and bustle of our daily life, we sometimes forget our mental health matters. Here's a reminder why self-care is important when you're a mom.

You got this!

#gynecologistpenang #obstetricianpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #MyMemorableMOMents #MentalHealth



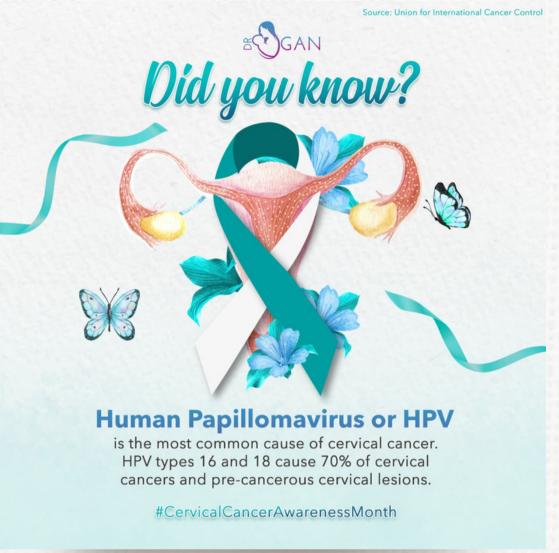
**Cravings? Cravings!** 

Pregnancy cravings are sudden and irresistible cravings to eat a certain food. They are actual experiences that many pregnant women go through. They may occasionally have a need for common meals, odd meal combinations, or stuff you don't typically enjoy.

Share with us your cravings during your pregnancy journey on the comments section or join our "Memorable Moments: My Best Birth Story Giveaway", click here for more details bit.ly/MemorableMOMentsGiveaway

#gynecologistpenang #obstetricianpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #pregnancy







Reduce your risk of cervical cancer!

Human Papillomavirus (HPV) is a sexually transmitted infection associated with most cervical cancer cases.

Getting immunized with the HPV vaccine can help prevent and reduce the impact of cervical cancer. It is safe and effective and protects you from other gynecological conditions.

#gynecologistpenang #obstetricianpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #MyMemorableMOMents #CervicalCancerAwarenessMonth #CervicalCancer January marks not only the start of the year but also Cervical Cancer Awareness Month.

Welcoming new beginnings means welcoming new knowledge! Join us as we shine some light on things you should know about the fourth most common cancer among women globally- Cervical Cancer.

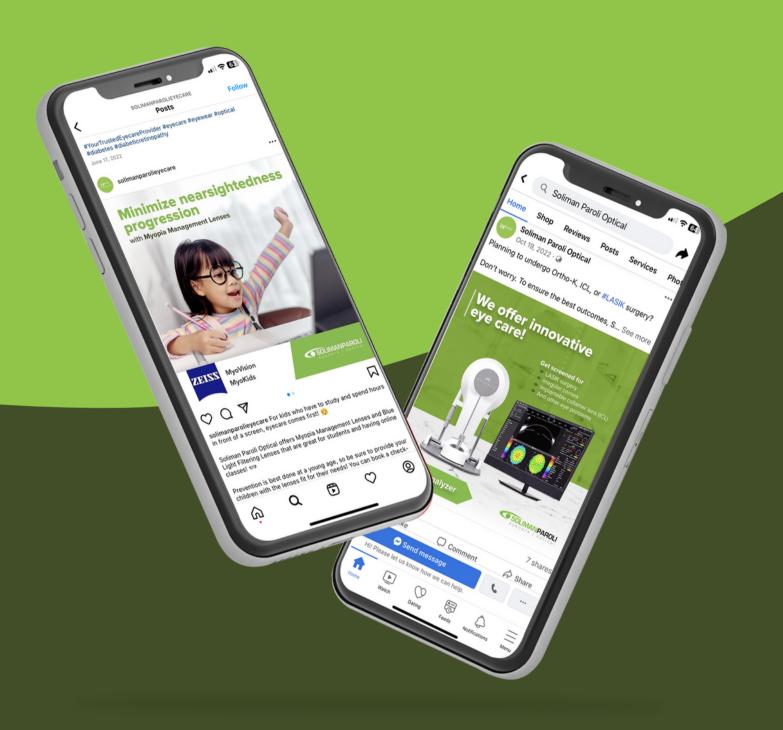
First, let's start with its most common cause! Check the images to learn more. Please help us spread awareness too, while you're at it!

#gynecologistpenang #obstetricianpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #MyMemorableMOMents #CervicalCancerAwarenessMonth #CervicalCancer The New Year is the perfect time to reflect and look back at the things that keep you smiling and grateful.

This #InternationalThankYouDay is your chance to express your gratitude! Do you have anything or anyone you're thankful for? Share your moments or tag them down below!

#gynecologistpenang #obstetricianpenang #penang #GleneaglesHospitalPenang #ByAWomanForAllWomen #MyMemorableMOMents

## SOCIAL MEDIA





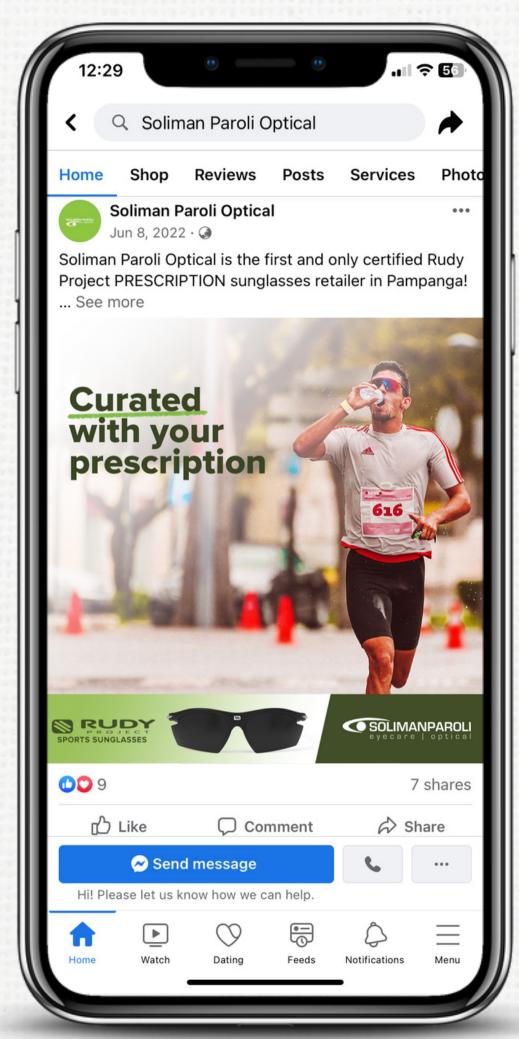








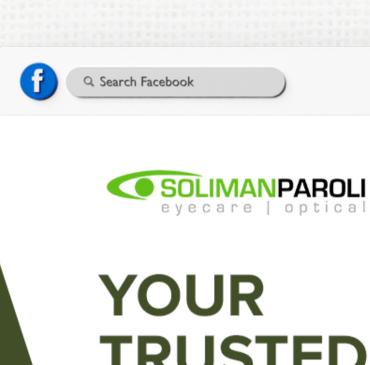












### **TRUSTED EYECARE PROVIDER**

### Main Clinic

363 Sto. Rosario Street Angeles City, Pampanga

### SM City Clark

Nepo Mall 3rd Floor Nepo Mall, Angeles City, Pampanga

W

28

Fortune Square 1st Floor, Fortune Square Building, Mc Arthur Hi-Way, San Fernando, Pampanga









**Photos** 

**Videos** 

More ▼













Ever heard of Implantable Collamer Lens or ICL? It might be the solution you're looking for!

ICL is a procedure that surgically places a collamer lens into the eye and requires no maintenance from the patient. It's a great option for those with high prescriptions, corneal conditions, dry eyes and irregular astigmatism.

Visit us for a check-up if you're interested! Book your appointment via: solimanparolioptical.com/appointment

Got a 2023 vision resolution?

Your eyes are your window to the world so keeping them healthy is necessary. Good thing Soliman Paroli Optical is happy to help!

What's your vision for 2023, let us know so we can be of assistance! Share them in the comments down below!

Book your appointment with us via: solimanparolioptical.com/appointment

#eyewear #eyeglasses #sanfernando #pampanga #angeles #since1979 #YourTrustedEyecareProvider Make 2023 your year of clarity!

Take your glasses game to the next level with Soliman Paroli Optical! We offer selections of frames that complement your style and lenses that ensure clarity and protection.

Book your appointment with us via: solimanparolioptical.com/appointment







The newest technology in taking measurements is here at Soliman Paroli Optical!

Spark Mi Up obtains measurements hands-free, at safe distance, in one click and as accurate as ophthalmic frames! Not to mention, it can do it all even if you have sunglasses on.

Have access to Modern Optics with us! Book an appointment via solimanparolioptical.com/appointment

Battle that troublesome work-from-home eye strain with the right lenses!

Soliman offers you Zeiss Smartlife Digital and Essilor Eyezen- must-haves for those who are always working in front of a screen.

If you're experiencing persistent eye strain be sure to approach an expert! Book a check up with us via solimanparolioptical.com/appointment. It's gift-giving season!

Looking for the perfect gift for the holidays? Fear not, as you can never go wrong with our variety of choices here at Soliman Paroli Optical. From sunglasses, Oakley sports glasses to Transition lenses and more! With our wide variety of colors and styles, you'll be able to find something that would be fit for every personality!

Visit us and choose the best presents for your loved ones! Book your appointment with us via: solimanparolioptical.com/appointment







This Sight Saving Month, Soliman Paroli Optical reminds everyone of the importance of eye care- especially when it comes to children!

Start with protection and prevention! Most children today spend hours in front of a screen for classes and hobbies- making Blue Light filter lenses highly recommended.

Our Back to School Promo provides you with the most affordable deal to get your children those protective glasses! Learn more about this special offer here: bit.ly/SolimanParoliPromo

Cheers to the family man!

We see you dad, and all the effort you pour into your everyday. Thank you being reliable as always!

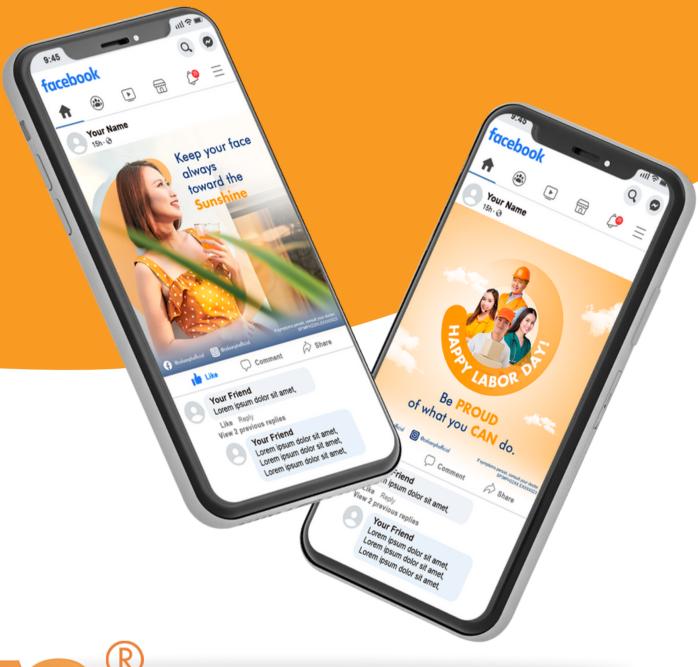
Happy Father's Day!

Did you know that myopia (nearsightedness) is manageable?

While there is no cure for myopia, the condition can be controlled through treatment. With Soliman Paroli Optical's optical biometer, we'll track your kid's abnormal eye growth accurately and provide the right solution.

Give your kids a better outlook in life through our Myopia Control Program here: solimanparolioptical.com/myopiacontrol

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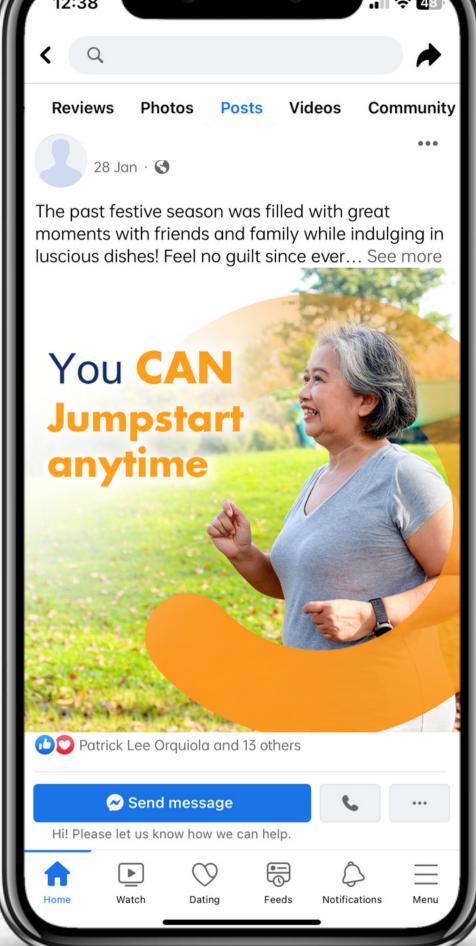


Calsan

by **SANDOZ** A Novartis Division

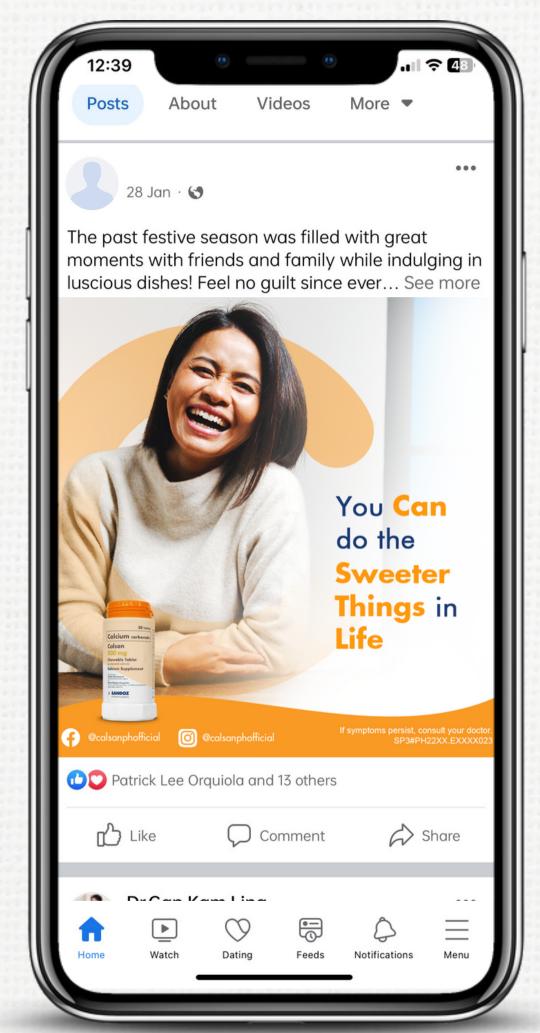




















Motherhood is an exciting adventure! A wonderful gift to bring someone into this world, to give life, to share happy moments with, to teach how to grow, walk, take to school, to love.

You need strong support especially with all the works in homemaking, child-rearing, and keeping up with your career. Let #Calsan be with you every step of the way. 

[2]

#YesYouCan #YouCanWithCalsan



Got all your personal necessities on your order list? <a></a>

Weekly food ingredients? CHECKED! Toiletries? CHECKED! Medicines? CHECKED! What about healthy supplements for the bones? GET #CALSAN!

Complete your daily needs with Calsan via Gamot Padala: mercurydrug.com/orderonline.html

#YesYouCan #YouCanWithCalsan #GamotPadala #GamotAyLagingBago



Hey moms! We want to remind you that you can savor life and the sweetness it comes with.

Going through motherhood as a diabetic can be bittersweet, prone to weakening of bones and fracture. A National Institute of Health (NIH) study suggests Diabetes is associated with calcium deterioration, due to impaired calcium absorption.

Have #Calsan give you that extra push to keep your bones healthy!

Salute to you and your fortitude in motherhood!

#YesYouCan #YouCanWithCalsan



Burnt out? Go ask yourself every now and then: Why are you here? Why did you start? 👌

It's all about perspective. Think with perseverance and couple that with #Calsan to give you that extra push and motivation!

Chin up and pick up that call! Don't give up.

#YesYouCan #YouCanWithCalsan



They say that words eventually become actions. So say it with us frontliners: YES YOU CAN!

Your work demands a lot from your body, so don't forget to mind your needs too! To the nurses who are always there for the people in need, #Calsan is here to be your pillar of strength. 6

#YesYouCan #YouCanWithCalsan

## Enjoy every Flayor that makes EVERY DAY BETTER!

How's the diet so far? We know you'd get used to it!

@calsanphofficial @calsanphofficial

According to EPIC-Oxford study on Cancer and Nutrition: limiting what to eat, often entails limits on other nutrient-boosting supplements. Dietary regimens like high protein, low sodium, or vegan may compromise your calcium intake.

Good thing #Calsan got your back! Safe to take alongside your preferred selection of food, to give you that extra calcium boost for well-cared health and body.

Learn more about the research here: bit.ly/EPICOxfordDietXCalciumResearch

#YesYouCan #YouCanWithCalsan







Health begins at home. 🏠

We prepare the most nutritious food and keep our house clean and safe, plus having supplementary health boosters like #Calsan for your daily calcium intake.

Need a quick way to make sure Calsan find its way to your doorstep? Order Calsan via Gamot Padala: mercurydrug.com/orderonline.html

#YesYouCan #YouCanWithCalsan #GamotPadala #GamotAyLagingBago

The show must go on!

With #Calsan, your performance will definitely leave the crowd cheering for more!

Like and follow our page. Know how #Calsan can help you get back in the limelight.

#YesYouCan #YouCanWithCalsan

No climb is too high when you're focus on making it to the summit!

Challenges will always be there, but you can always count on #Calsan to get you to life's many elevations.

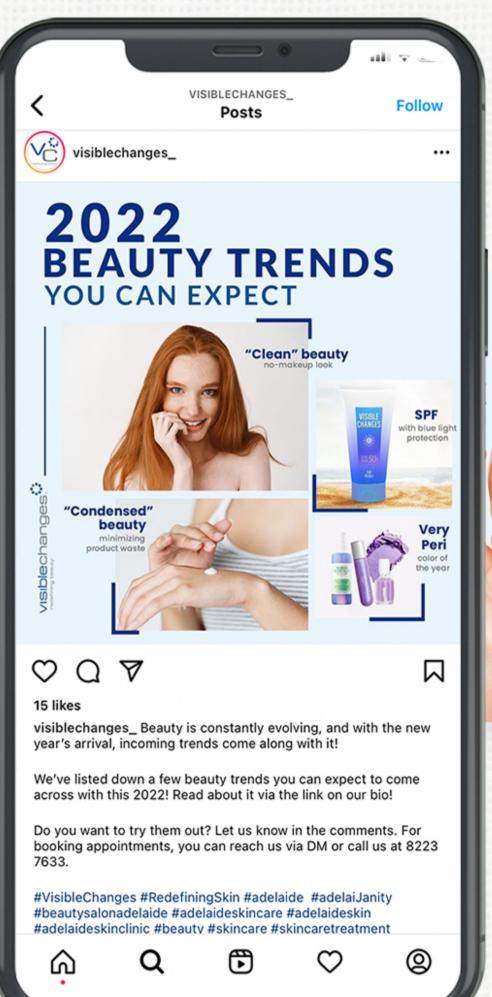
#YesYouCan #YouCanWithCalsan

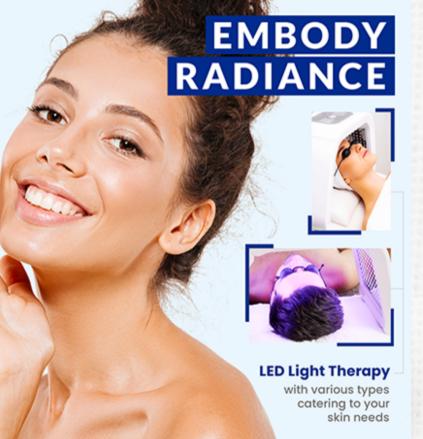










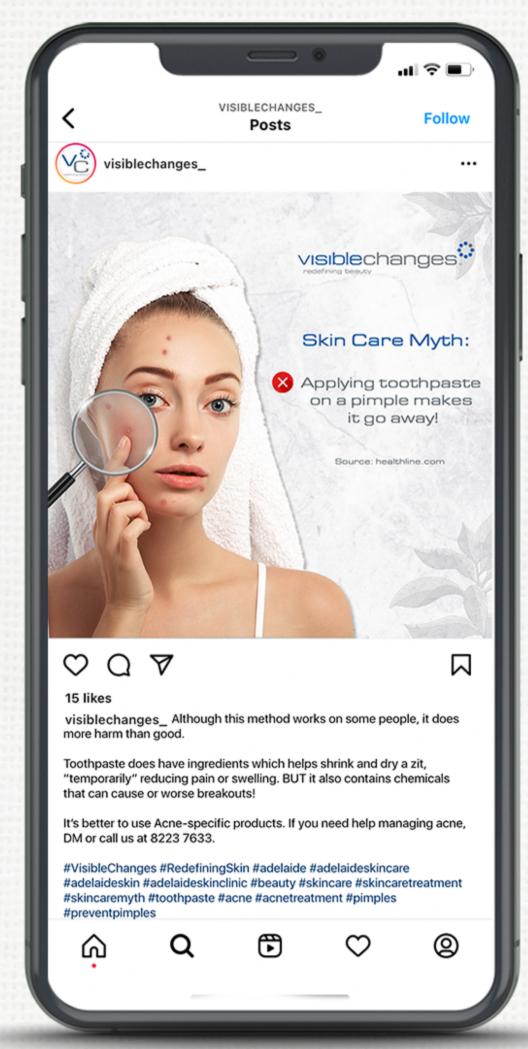


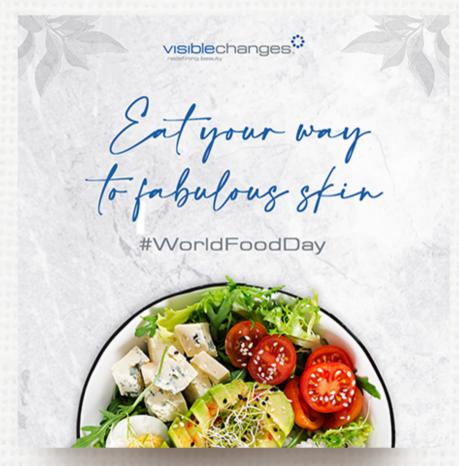


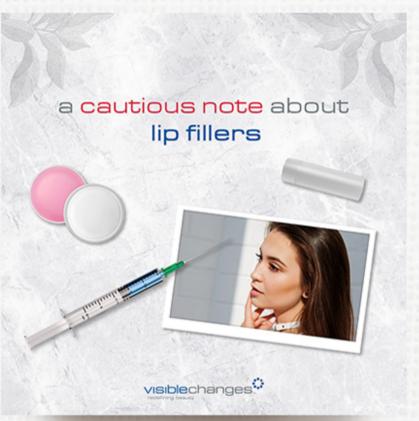
### CHEMICAL

- Uses Organic Filters
- Needs 15mins downtime before UVB

those with acne-prone skin











Big pimple? We can relate to that, especially the satisfaction from popping it.

Newsflash: popping pimples isn't the solution! It's best to have patience and leave the pimple be. In fact, doing so can only lead to more problems listed on the card.

#VisibleChanges #RedefiningSkin #adelaide #adelaidecity #beautysalonadelaide #adelaideskincare #adelaideskin #adelaideskinclinic #beauty #skincare #skincaretreatment #acne #acnetreatment #pimples #preventpimples



Facial cleansing is one of the key steps for maintaining healthy-looking skin and preventing breakouts!

Cleansing is basic hygiene and without it you can expect clogged pores which leads to serious acne. Your skin would appear dirty, oily, dry and aged.

#VisibleChanges #RedefiningSkin #adelaide #beautysalonadelaide #thingstodoinadelaide #cleansing #cleanser #skincareproduct #skincareroutine #skincaretips #adelaideskincare #acne #acnetreatment #pimples #preventpimples



Looking for an anti-aging solution? Try our Photo Rejuvenation Treatment, the safest IPL skin treatment!

A non-surgical skin rejuvenation that uses combination of safe light energies to restore the softness and radiance of your skin!

#VisibleChanges #RedefiningSkin #PhotoRejuvenation #adelaide #beautysalonadelaide #thingstodoinadelaide #skincare #IPL #photorejuvenation #nonsurgicalrejuvenation #antiaging #youthful #beauty #skincaretips





GIVE YOUR SKIN LOVE

SOME LOVE

HIPRO-VHIFU Improved anti-aging technology

You truly glow differently when you are loved and treated right.

Achieve moisturized, softer & revitalized skin with your significant other through our Carbon Laser Skin Rejuvenation treatment. Our Clinic also provides a variety of treatments for you and your partner to enjoy this Valentine's Day.

Send us a DM or call us at 8223 7633 to schedule an appointment.

#VisibleChanges #RedefiningSkin #adelaide #adelaiJanity #beautysalonadelaide #adelaideskincare #adelaideskin #adelaideskinclinic #LiveLoveGlow #LoveYourSkinLoveYourself #carbonlaser #ValentinesDay When was the last time you expressed your love for your skin?

This Valentine's Day is your chance to spoil yourself and your significant other with beauty treatments so you can fall in love with your skin all over again! Relax, Refresh and Recharge with Visible Changes!

Eyelash Extensions, Eyebrow Shaping, Facials, Hands & Feet, Massage, Skin Peels, Spray Tanning, Sugaring, Waxing, Threading, Henna Brows, Dermapen Treatment

Book an appointment now to by sending us a DM or calling at 8223 7633.

#VisibleChanges #RedefiningSkin #adelaide #adelaiJanity #beautysalonadelaide #adelaideskincare #adelaideskin #adelaideskinclinic #LiveLoveGlow #LoveYourSkinLoveYourself #ValentinesDay Anti-aging treatments for skin tightening and lifting have become better than ever with our HIPRO-V HIFU advanced technology!

Express your love for your skin and become one step closer to that fresh, youthful look! HIPRO-V HIFU helps you attain long-lasting tightening and toning of your skin and body. All of this is achieved with no downtime!

Not all HIFU treatments are the same. Neither are the practitioners. Book your HIPRO-V HIFU appointment with us by sending a DM or calling us at 8223 7633.

#VisibleChanges #RedefiningSkin #adelaide #adelaiJanity #beautysalonadelaide #adelaideskincare #adelaideskin #adelaideskinclinic #LiveLoveGlow #LoveYourSkinLoveYourself #HIFU #HIPROV #antiaging #skintreatment

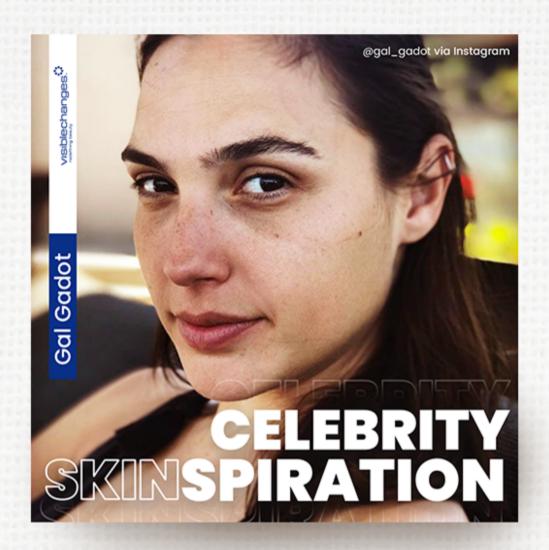


Big thanks to Scarlett May for her kind words!

It's always a pleasure to hear about our clients' experience with us. Thank you for choosing Visible Changes to look after you! We look forward to your next visit as we provide you with top service here in Adelaide!

For booking appointments, call us through 8223 7633 or send us a DM.

#VisibleChanges #RedefiningSkin #adelaide #adelaiJanity #beautysalonadelaide #adelaideskincare #adelaideskin #adelaideskinclinic #beauty #skincare #skincaretreatment



As expected from Wonder Woman herself, even her skin is wonderous!

You can achieve stunning skin like hers too. Choose Visible Changes as your companion and see exceptional results on your journey to clear, healthy and beautiful skin!

Book an appointment with us now! Simply reach out to us via DM or call us at 8223 7633.

#VisibleChanges #RedefiningSkin #adelaide #adelaiJanity #beautysalonadelaide #adelaideskincare #adelaideskin #adelaideskinclinic #beauty #skincare #skincaretreatment #GalGadot #skingoals #skinspiration



You won't be needing filters for your selfies with Visible Changes by your side!

Dealing with fine lines under the eyes and around the mouth, mild scarring, acne and sensitive skin? Our variety of Skin Peel treatments catering to different skin types is the right solution for you! We also use natural ingredients that help target your skin to reveal remarkable results.

With our Skin Peel treatments, you can expect refreshed and revived skin in just a few days! Book an appointment by calling us at 8223 7633 or sending us a DM.

#VisibleChanges #RedefiningSkin #adelaide #adelaiJanity #beautysalonadelaide #adelaideskincare #adelaideskin #adelaideskinclinic #beauty #skincare #skincaretreatment #skinpeels #nofilter #skinpeel