**TO INVITE TO A FACEBOOK LIVE EVENT**

Send this text (personalized):

Hey Sarah!

Personalize to suit: i.e.How are Adam and Tyler? They are getting so big! ❤

 I hope you don’t mind me reaching out, but I am doing a FaceBook Live Healthy Inside & Out workshop next week and I’d love for you to come. Would you like an invite?

Then after they say yes:

Yaaaay!!! I am so excited to “see” you!!  I’ll send you the link in a sec. I’ll be going live at 8pm Thursday but I’ll be posting some really good pre-workshop info between now and then. Check out what’s posted each day and like/comment to earn tickets toward the door prize. Thank you!! See you Thursday in the event page!!