

## **INSTAGRAM (USERNAME) ~ 30 CHARACTERS**

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@balancedwellness  
@balanceyourlife  
@everythinginbalance  
@balanceyouomegas  
@livewellwithomega3  
@MediterraneanMama  
@WellnessWomen  
@health&harmony  
@theomegascoach  
@wellness&wonder  
@livebalanced  
@getinbalance  
@changeyourlife  
@happyinharmony  
@omega3swith\_NAME  
@healthyhappyinbalance  
@balanceyourbody+life  
@talkingomegas  
@livelikeaMediterranean  
@livewellwith\_NAME  
@wellnessandwbalance  
@nourishandbalance

## **FACEBOOK (PAGE & GROUP NAME) ~ 75 CHARACTERS**

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The Omega Expert  
Balance Your Body  
120 days to Balance  
Mediterranean Living  
Balance Yourself  
Health in Harmony  
BALANCE by NAME  
Reset Your Body  
Fit, Balanced Mums  
Nature as Medicine