

Ten Social Media posts for LifeSpark's Gala.

Please copy and paste a post each week onto FaceBook, Instagram, and other social media.

LINK INFO: For FaceBook, keep the link that is in each post. It goes to the FaceBook event page. <https://www.facebook.com/events/756294363578798>. Make sure link is working.

For other social media sites, please replace the FaceBook event link with this direct link to our event website. <https://auctria.events/20thlifesparkgala/tickets>

POST #1: Our Journey & Early Bird Offer

📖 FROM HUMBLE BEGINNINGS TO HEALING THOUSANDS: LifeSpark began in 2002 with Janet Mentgen, founder of Healing Touch, on our original committee! Today, we've provided over 32,000 therapeutic sessions to 5,000 cancer patients across Colorado and beyond.

🎫 Get your tickets now: \$105 before they go up to \$125 on Oct 15! Your ticket includes a welcome cocktail, gourmet meal, and supports free healing sessions for cancer patients.
#LifeSpark20

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POST #2: Medical Partnerships & Research

🏥 BUILDING BRIDGES IN HEALTHCARE: From our first partnership with Denver Health in 2006 to now serving patients at UC Health Anschutz Cancer Center, Highlands Ranch Hospital, and Poudre Valley Hospital, we're making complementary care mainstream.

📊 Our research shows Reiki and Healing Touch may reduce pain by a third and stress by nearly two-thirds in cancer patients. Support this evidence-based work at our 20th Anniversary Gala! #EvidenceBasedCare

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POST #3: Healing Beyond Medicine

💡 "We stand for cancer patients receiving calm alongside chemo, presence alongside pills, and dignity alongside data." For 20 years, LifeSpark has offered what medicine alone cannot.

💖 "LifeSpark sessions helped me tolerate my chemotherapy with fewer side effects." Every gala ticket funds free healing sessions that make a real difference in cancer patients' lives. Join us October 25th! #HealingBeyondMedicine

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POST #4: Our Dedicated Practitioners

☀️ "You are the lighthouse in someone's storm." For two decades, LifeSpark practitioners have shown up with heart and professionalism, offering safety, dignity, and peace in places medicine cannot reach.

👐 Our 20th Anniversary Gala celebrates these healing hands and their commitment to walking gently into people's storms. Honor their dedication on October 25th at DU campus. #HealingPresence

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POST #5: Innovation & Adaptation

🌐 WHEN CHALLENGES ARISE, WE ADAPT: In 2020, LifeSpark quickly pivoted to remote sessions, allowing us to serve cancer patients nationwide! This innovation expanded our reach beyond Colorado and even brought back providers who had moved away.

📊 From our initial 12-week model to now offering both in-person and remote options, we continuously evolve to meet patient needs. Help us continue innovating! #AdaptiveHealing

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POST #6: Building a Legacy Together

🌱 Our donors don't just give—you transform. You are legacy builders whose generosity creates ripples of healing throughout our community.

👉 "Every calm we fund... Every healing we empower... Every life we touch—matters." For 20 years, LifeSpark has created ripples that extend far beyond each session. Be part of this legacy at our Anniversary Gala! #BuildingLegacy

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POST #7: Supporting the Whole Family

👐 LifeSpark supports not just patients, but caregivers too! Our 20th Anniversary Gala celebrates two decades of holistic care that recognizes cancer affects the whole family.

👨‍⚕️ Healthcare providers benefit too! Our research shows nurses trained in Reiki as a self-care tool experienced a 16% increase in resilience. Support programs that benefit everyone in the cancer journey. #WholePersonCare

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POST #8: The Revolution of Care

 "LifeSpark is contributing to the world we wish existed. And now, because of us, it does." Join the revolution that's making energy work measurable, meaningful, and mainstream.

 "We are helping lay the foundation for a new standard in cancer care—one where wellness therapies like Reiki and Healing Touch are integrated, not isolated." Help us continue building this future! #RevolutionOfCare
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POST #9: Community & Connection

 LifeSpark is more than services—we're a community! From monthly provider gatherings to our partnerships with 14 donated spaces including churches, spas, and hospitals, we're creating connections that strengthen our healing network.

 Our model has inspired similar programs at Stanford Medical Center and in Florida. Help us continue spreading this important work by joining our celebration! #HealingCommunity
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Post #10: Last Call for Tickets

 FINAL COUNTDOWN: Only a few tickets remain for our 20th Anniversary Gala on October 25th! Don't miss this celebration of two decades bringing healing touch to those facing cancer.

 Doors open at 6pm at DU campus. Prepare for an evening of inspiration, connection, and purpose as we honor our past and build our future together! Get your tickets before they're gone! #LifeSpark20
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