

TLC Recommendations for Chiro's Utilizing Zoom & Facebook to Strengthen Community Amidst Crisis

1. <https://zoom.us/pricing> (and free user features) - up to 100 participants - 40 minutes of local recording (on your computer) - breakout rooms - screen sharing, etc...
2. <https://tlc4.me/Earbuds> - Wireless headsets for optimal sound quality - AirPods, Beats, etc.
3. <https://www.postplanner.com/how-to-create-a-facebook-group/> - Utilizing your practice Facebook Group as a way to promote and share content from Zoom and for your community to share your content with their circles.
4. <https://tlc4.me/Speak-Out> - Speak Out Revolution - content resource for workshops and outside talks.
5. Interactive Elements - Questions - Acknowledging participants - Having structured time where you respond to questions/concerns that people chat/comment in.
6. [Bitly.com](https://bitly.com) - Utilizing it to create custom links to your Personal Meeting Room that you can text, email, distribute in the office and share via Facebook with your patients and community.

