

# BLOG SUBMISSIONS

## *LiveWellSD.org*



Want to share your success story? Are you an individual, community leader or partner organization who is a champion of health, safety or overall well-being? Submit a blog post!

## WHAT?

The *Live Well San Diego* blog is a place to share success stories - an opportunity to highlight how individuals, families, communities and organizations are *Live Well* champions. These can be personal stories about making positive changes for improved health, safety and well-being or stories about community actions, programs or initiatives that support the *Live Well San Diego* vision.

## HOW?

### Include these elements of a story:

- Always show how the community benefits
- Surprising fact: Did you know?
- Emotional hook
- Paint a picture
- Sense of immediacy:  
This is important NOW!!!
- The ask: Here's what you can do to help
- Make it original: If it has been covered elsewhere, send the link or video instead

## WHO?

Anyone can submit a *Live Well San Diego* success story, although some stories may not be selected for posting.

## WHY?

*Live Well San Diego* is about collective action – everyone doing their part. Your success story has the potential to inspire other individuals to change their lives or other organizations to try something that worked for your organization. Together, we can transform the San Diego region we call home.

## WHAT NEXT?

Use the attached template as a guide to writing your story or simply write your own story. Email your story and photos to [LWSD.HHSA@sdcounty.ca.gov](mailto:LWSD.HHSA@sdcounty.ca.gov)

Inspiring stories of success for a **healthy, safe** and **thriving** San Diego County

Visit [LIVEWELLSD.ORG/NEWS/](https://www.livewellsd.org/news/) to learn more

# Blog Submission Template | *Live Well San Diego*



**CONTACT NAME:** \_\_\_\_\_ **SUBMISSION DATE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **PHONE #:** \_\_\_\_\_

**HEADLINE/TITLE**

**LEAD (short, catchy, draw the reader in with who? what? where? when? and why?)**

**PROBLEM/CHALLENGE (one to three paragraphs)**

**QUOTE ON THE CHALLENGE (two to three sentences)**

**WE WENT TO WORK, THEN WE DID THIS AND THAT (two to four paragraphs)**

**IT WASN'T ALWAYS EASY... (one paragraph)**

**THEN WE FINISHED, AND HERE'S HOW IT LOOKED...SUCCESS! (one or two paragraphs)**

**OUR RESULTS MADE AN IMPACT IN THESE AREAS (select one or more and explain:  
HEALTH, KNOWLEDGE, STANDARD OF LIVING, COMMUNITY and SOCIAL)**

**QUOTE FROM SOMEONE AFFECTED BY THE PROJECT (two sentences)**

**NEXT, WE WILL... (one paragraph)**

**HERE'S HOW YOU CAN ACCOMPLISH THIS, TOO (one paragraph)**

**ATTACH PHOTOS and ATTRIBUTIONS**

Email this completed template and accompanying photos to [LWSD.HHSA@sdcounty.ca.gov](mailto:LWSD.HHSA@sdcounty.ca.gov)

**PHOTOGRAPH, TELEVISION, VIDEOTAPE,  
MOVIE AND/OR SOUND RECORDING  
AUTHORIZATION AND RELEASE**

I, \_\_\_\_\_  
(Person appearing in photograph)

of \_\_\_\_\_  
(Address)

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hereby authorize and consent that the County of San Diego (“County”) shall have the absolute right to copyright, publish, use, sell or assign any and all photographic portraits or pictures, television spots, movie films, videotapes, and/or sound recordings, or any part thereof, they have taken or made of me or in which I or my child may be included in whole or in part.

I also grant permission to allow these images and/or recordings to be put to legitimate use at the discretion of the County. I relinquish all rights, title, or interest to any finished products, reproductions or facsimiles.

I grant use and right to exhibit such pictures and recordings (originals or copies) and facsimile thereof, to the County or any of their assignees and agents.

I hereby waive any right that I may have to inspect and/or approve the finished product or the advertising copy that may be used in connection therewith or the use to which it may be applied.

I release County of San Diego from any and all claims, liability or obligation. I shall not own or claim any rights to such products nor to any portion thereof, and I waive all claims for any compensation for such use or for damages.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_  
(Person appearing in photograph)

Parent’s Signature: \_\_\_\_\_  
(If minor is photographed)

Project: