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 • FOAM ROLLING
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 • FUNCTIONAL PILATES
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jeff howard
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Welcome to My Tech Talk

Jessica H. Maurer
JHMFitness.com

Description: From email services to social media, we need a lot of systems for our business. Learn easy ways to create, integrate, and balance all of them together so you can work more IN your business than ON your tasks. Walk away with proven strategies to destress and simplify your operations to focus on long term growth of your business.

T: Tools For Awareness

- Social Media Platforms
- Brand Storage
 - Canva
 - OVER
- Plug & Play Calendar
 - Trello

E: Email For Nurturing

- Opt-In
- Drip Campaigns
- Newsletters
 - MailChimp
 - MyEmma
 - Constant Contact

C: Choice for Offerings

- Low Price Digital Downloads
 - Canva
 - Vistaprint
- Mid Price Virtual
 - VOD Services
 - Live Services
- High Price Live
 - Zoom

H: Hub for Everything

- Website
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