UB-Social Work @UBSSW 2 hours ago
Sorry to miss tonight’s #MacroSW chat - we're doing some self-care ourselves (a concert!), and will see you all next week! < Get your free copy of our @UBSSW #socialwork #selfcare infographic here: https://t.co/aRVZ13KyzB https://t.co/Fzyx2dZi6P

Vilissa Thompson @VilissaThompson 2 hours ago
RT @UBSSW: Sorry to miss tonight's #MacroSW chat - we're doing some self-care ourselves (a concert!), and will see you all next week! < G...

Nancy Kusmaul, PhD, MSW @nancy_kusmaul 2 hours ago
RT @UBSSW: Sorry to miss tonight's #MacroSW chat - we're doing some self-care ourselves (a concert!), and will see you all next week! < G...

Nancy Kusmaul, PhD, MSW @nancy_kusmaul 2 hours ago
@UBSSW I've got the infographic hanging in my office. #macrosw

Vilissa Thompson @VilissaThompson 2 hours ago
Welcome to the first #MacroSW chat of June!

Vilissa Thompson @VilissaThompson 2 hours ago
Tonight’s topic is Self-Care During the Summer: https://t.co/OfH2WCqZTN #MacroSW
Nancy Kusmaul, PhD, MSW @nancy_kusmaul
@VilissaThompson #macrosw https://t.co/naaxuTAss1

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: Tonight’s topic is Self-Care During the Summer: https://t.co/OfH2WCqZTN #MacroSW

Vilissa Thompson @VilissaThompson
Please use #MacroSW hashtag in your responses - this allows us to see who’s a part of the conversation. If you’re new to the whole Twitter chat concept, check out our FAQs here: https://t.co/w0tXDTNmxg

Vilissa Thompson @VilissaThompson
I’m shouting out our #MacroSW partners: @karenzgoda @SunyaFolayan @porndaughter @PoliSW @spcummings #MacroSW

Vilissa Thompson @VilissaThompson
I also want to shout out our chat contributors @AlyssaLotmore, @acosaorg, & @ubssw. #MacroSW

Karen 🌹 Zgoda @karenzgoda
Hello #MacroSW Karen here in Boston LET’S GO BRUINS!!! #StanleyCup https://t.co/JQfdS3rrHV

Vilissa Thompson @VilissaThompson
Let’s do a roll call: who’s joining the chat tonight? Tell us who you are & where you’re from. #MacroSW
Karen Zgoda @karenzgoda
RT @VilissaThompson: Tonight’s topic is Self-Care During the Summer: https://t.co/OfH2WCqZTN #MacroSW

Karen Zgoda @karenzgoda
RT @VilissaThompson: Please use #MacroSW hashtag in your responses - this allows us to see who’s a part of the conversation. If you’re new...

Karen Zgoda @karenzgoda
RT @VilissaThompson: I’m shouting out our #MacroSW partners: @karenzgoda @SunyaFolayan @porndaughter @PoliSW @spcummings #MacroSW

Karen Zgoda @karenzgoda
RT @VilissaThompson: I also want to shout out our chat contributors @AlyssaLotmore, @acosaorg, & @ubssw. #MacroSW

Vilissa Thompson @VilissaThompson
Hey Nancy! Glad to see you tonight! #MacroSW

Karen Zgoda @karenzgoda
RT @VilissaThompson: Let’s do a roll call: who’s joining the chat tonight? Tell us who you are & where you’re from. #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
Hi #macrosw! @nancy_kusmaul from Baltimore.

Vilissa Thompson @VilissaThompson
Did you know that we launched a Patreon this year?! Check it out & support! https://t.co/9PUqAN0KJc #MacroSW
If you're not able to become a Patron, you can support our work by sharing the link! #MacroSW https://t.co/9PUqAN0KJc

RT @VilissaThompson: If you’re not able to become a Patron, you can support our work by sharing the link! #MacroSW https://t.co/9PUqAN0KJc

Glad to see you too! #macrosw https://t.co/g96hsMbIvx

RT @nancy_kusmaul: Hi #macrosw! @nancy_kusmaul from Baltimore.

RT @karenzgoda: Hello #MacroSW Karen here in Boston LET'S GO BRUINS!!! #StanleyCup https://t.co/JQfdS3rrHV

Hey Lindsay! Glad to have you join us tonight! #MacroSW

Q1 will be up in a minute! #MacroSW

Q1: How have you been practicing self-care so far this year? #MacroSW
Tea & 🌸 & Music @rudetuesday
RT @VilissaThompson: Did you know that we launched a Patreon this year?! Check it out & support! https://t.co/9PUqAN0KJc #MacroSW

Vilissa Thompson @VilissaThompson
an hour ago
A1a: If you're new to self-care, this starter kit by @UBSSW is a good tool to check out: https://t.co/mtANI6E5SZ #MacroSW

Karen 🌹 Zgoda @karenzgoda
I would also like to add that I knew @nancy_kusmaul would like this tweet. #MacroSW https://t.co/1K1C2xCqXj

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
@VilissaThompson A1: It's been a rough year, on a number of fronts. The only thing I've been able to do consistently is daily walks. #macrosw

Vilissa Thompson @VilissaThompson
A1b: For me, unplugging from social media, being realistic about my capacity when it comes to projects, & saying no to things (& people) have been key self-care actions I've taken in 2019. #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: A1a: If you're new to self-care, this starter kit by @UBSSW is a good tool to check out: https://t.co/mtANI6E5SZ #M...

Vilissa Thompson @VilissaThompson
RT @nancy_kusmaul: @VilissaThompson A1: It's been a rough year, on a number of fronts. The only thing I've been able to do consistently is...
Vilissa Thompson @VilissaThompson
@nancy_kusmaul I've been on & off with my pedaling (cycling), but when I'm consistent, I feel so much better. Having just one thing that keeps you going is good enough when everything is a mess. #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
@VilissaThompson A1: Those sounds like awesome goals. How successful have you been? #macrosw

Melanie Lybarger @MelanieLybarger
RT @VilissaThompson: I’m shouting out our #MacroSW partners: @karenzgoda @SunyaFolayan @porndaughter @PoliSW @spcummings #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: @nancy_kusmaul I've been on & off with my pedaling (cycling), but when I'm consistent, I feel so much better. Havin...

Lindsay Natzel, MSW @L_Natzel
@VilissaThompson A1: Exercising, art, and staying organized! (the last one isn't necessarily fun... but sometimes self care needs to be for your future self) #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @L_Natzel: @VilissaThompson A1: Exercising, art, and staying organized! (the last one isn't necessarily fun... but sometimes self care n...
Karen Zgoda @karenzgoda
RT @VilissaThompson: Q1: How have you been practicing self-care so far this year? #MacroSW

Vilissa Thompson @VilissaThompson
@nancy_kusmaul The capacity one has been the strongest - my health & well-being are my priorities this year. The "say no" has been the 2nd consistent one. The unplugging I've been adamant about over the past 2 months. Aiming to keep all going for the rest of the year. #MacroSW

Vilissa Thompson @VilissaThompson
Making room for my future self has been the main objective - love it, Lindsay! #MacroSW

Vilissa Thompson @VilissaThompson
RT @L_Natzel: @VilissaThompson A1: Exercising, art, and staying organized! (the last one isn't necessarily fun... but sometimes self care n...

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: @nancy_kusmaul The capacity one has been the strongest - my health & well-being are my priorities this year. The "say...

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
@VilissaThompson Someone said to me that saying yes to something is saying no to something else, we just don't always realize that. #macrosw

• L.L. Eliot • @Letheliah
RT @VilissaThompson: A1a: If you're new to self-care, this starter kit by @UBSSW is a good tool to check out: https://t.co/mtANI6E5SZ #M...
Sometimes saying no to something (or someone) is saying yes to ourselves. I think that's a concept we don't fully grasp. Putting us first is hard to do, esp. if you're in this field & am always giving. #MacroSW

RT @VilissaThompson: Sometimes saying no to something (or someone) is saying yes to ourselves. I think that's a concept we...

A1: I do not practice enough self-care this year. However, I am paying down financial debt. #MacroSW https://t.co/2uCJRnvevn

Q2: How do you incorporate self-care in your professional work? #MacroSW

A2: Great article for social service professionals: https://t.co/hMCGfVdwNI #MacroSW

That was @melaniesage! #MacroSW

RT @VilissaThompson: A2: Great article for social service professionals: https://t.co/hMCGfVdwNI #MacroSW

@karenzgoda @VilissaThompson @melaniesage I should have know it was someone really smart! #macrosw

RT @VilissaThompson: Q2: How do you incorporate self-care in your professional work? #MacroSW
Nancy Kusmaul, PhD, MSW @nancy_kusmaul
@VilissaThompson A2: Not as well as I should. Keeping organized in my work is my self-care. Knowing what needs to be done next and setting priorities helps keep the stress down. #macrosw

Vilissa Thompson @VilissaThompson
RT @nancy_kusmaul: @VilissaThompson A2: Not as well as I should. Keeping organized in my work is my self-care. Knowing what needs to be d...

Karen 🌹 Zgoda @karenzgoda
RT @VilissaThompson: Q2: How do you incorporate self-care in your professional work? #MacroSW

Karen 🌹 Zgoda @karenzgoda
RT @VilissaThompson: A2: Great article for social service professionals: https://t.co/hMCGfVdwNI #MacroSW

Vilissa Thompson @VilissaThompson
@nancy_kusmaul How are you going to incorporate organization to assist with lessening stress? #MacroSW

Vilissa Thompson @VilissaThompson
#MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: #MacroSW https://t.co/ssVs568OeE

Lindsay Natzel, MSW @L_Natzel
@VilissaThompson Thank you, I ran out of characters! #macrosw

Vilissa Thompson @VilissaThompson
Preach it! #MacroSW

melissa @hulkisholmes
I feel like I do all the self-care - weekly therapy sessions, baths, body work - this year feels more like a moral injury that I can't recup from.
Vilissa Thompson @VilissaThompson
@L_Natzel I'm glad you shared that resource - I'm going to do that survey. #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
@VilissaThompson I'm a list maker. Having a list of tasks (long and short-term) reduces my stress. There's a lot of satisfaction in crossing things off the list. #macrosw

Vilissa Thompson @VilissaThompson
#MacroSW

Karen 🌹 Zgoda @karenzgoda
A2: I am pretty good at this! I take little breaks throughout the day, communicate with my supervisor regularly so stress doesn't get overwhelming, and take walks. Sometimes just going outside a few minutes helps reset me. #MacroSW https://t.co/NUxezMQZ9O

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @karenzgoda: A2: I am pretty good at this! I take little breaks throughout the day, communicate with my supervisor regularly so stress d...

Heather McCabe @professormccabe
You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction https://t.co/lNrq2P9ui1

Priscilla Phetsamone Cerebral Palsy Warrior 💚 @PriscillaPetra1
@VilissaThompson I accidentally deleted it sorry 😅. So here's the tweet again 🧑‍✍️ Writing my stories, & working out / stretches. What I mostly concentrate on this summer #MacroSW

Vilissa Thompson @VilissaThompson
@nancy_kusmaul Same! This is why I keep planners & notebooks around - helps me stay on top of things & let's me see what I get done. #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @PriscillaPetra1: @VilissaThompson I accidentally deleted it sorry 😅. So here's the tweet again 🧑‍✍️ Writing my stories, & working out / s...
Melanie Sage 💻@melaniesage
Busting in to #macrosw to say that my dissertation was about how #selfcare is not just an individual commitment: organizations need to support healthy workplaces for employees. Much of wellness is dependent on workplace culture.

Melanie Lybarger @MelanieLybarger
RT @VilissaThompson: Q2: How do you incorporate self-care in your professional work? #MacroSW

Vilissa Thompson @VilissaThompson
No problem! This is great, Priscilla! #MacroSW

Melanie Sage 💻@melaniesage
RT @VilissaThompson: A1a: If you’re new to self-care, this starter kit by @UBSSW is a good tool to check out: https://t.co/mtANI6E5SZ #M...

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
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Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @melaniesage: Busting in to #macrosw to say that my dissertation was about how #selfcare is not just an individual commitment: organizat...

Karen 🌸 Zgoda @karenzgoda
RT @melaniesage: Busting in to #macrosw to say that my dissertation was about how #selfcare is not just an individual commitment: organizat...

Daniel Goldberg @prof_goldberg
RT @professormccabe: You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction https://t.co/lNrq2P9ui1

Vilissa Thompson @VilissaThompson
Q3: Summertime means many are looking to unwind and have fun. What trips, activities, events, etc., are on your summer bucket list? #MacroSW
Kelly K. Dineen @dineenkk
RT @professormccabe: You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction
https://t.co/lNrq2P9ui1

Karen🌹Zgoda @karenzgoda
RT @VilissaThompson: #MacroSW https://t.co/NLwyew5Ykb

Soak My Soul @Les_The_Great
I've worked on not procrastinating. I used to think procrastinating made me work more efficiently but even after I finish the assignment my anxiety is on 10 bc of all the stress of being under the gun. I'm also set deadlines for everything for myself for the same reason.

Karen🌹Zgoda @karenzgoda
RT @VilissaThompson: No problem! This is great, Priscilla! #MacroSW https://t.co/WwpZtowk1U

Karen🌹Zgoda @karenzgoda
RT @VilissaThompson: Q3: Summertime means many are looking to unwind and have fun. What trips, activities, events, etc., are on your summ...

Vilissa Thompson @VilissaThompson
#MacroSW

Lindsay Natzel, MSW @L_Natzel @VilissaThompson Seeing my favorite podcast live, traveling to see some old friends, and a few weddings! On the bucket list that's not yet planned is a trip to Cedar Point! #macrosw

Vilissa Thompson @VilissaThompson
A3: If you feel a bit stumped as to what to do this summer, this is a good list to check out: https://t.co/wDzluvcyao #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul @VilissaThompson A4: My summer is uncertain due to some factors beyond my control, but my goal is to get to as many minor league baseball games as I can muster. #macrosw
Vilissa Thompson @VilissaThompson
RT @L_Natzel: @VilissaThompson Seeing my favorite podcast live, traveling to see some old friends, and a few weddings! On the bucket list t...

Matt Lawrence @mjblawrence
RT @professormccabe: You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction https://t.co/lNrq2P9ui1

Vilissa Thompson @VilissaThompson
@L_Natzel Nice!! As a podcast fan, which one?? #MacroSW

Vilissa Thompson @VilissaThompson
RT @nancy_kusmaul: @VilissaThompson A4: My summer is uncertain due to some factors beyond my control, but my goal is to get to as many mino...

Karen 🌺 Zgoda @karenzgoda
A3: Going to my godson's wedding and celebrating my birthday weekend watching #StrangerThings! #MacroSW https://t.co/4U1P3Wq6E9

Vilissa Thompson @VilissaThompson
@nancy_kusmaul Do you have a particular team you're amped about seeing, or just want to see the games & enjoy? #MacroSW

Vilissa Thompson @VilissaThompson
RT @karenzgoda: A3: Going to my godson’s wedding and celebrating my birthday weekend watching #StrangerThings! #MacroSW https://t.co/4U1P3...

Vilissa Thompson @VilissaThompson
@karenzgoda Those will be fun times! #MacroSW

Melanie Sage 📐@melaniesage
someday (if not now) when you're administrators/in policy-making roles you can bring #socialwork values & commitment to assure your work culture &employee supports are good. Peer support, high qual supervision, flexibility, role clarity, autonomy, realistic expectations. #Macrosw
DT Bruno @dplusbruno
First @DeafSocialWork presentation of the career! The PPT is live at https://t.co/eWnEghuKvo #MacroSW #EmpowerUp #NASWNYS https://t.co/IbIfbFG9Hj

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
@VilissaThompson Just want to see the games and enjoy. We've been in Maryland five years and have only been to two of the five teams within an hour’s drive. #macrosw

DT Bruno, BSW @DeafSocialWork
RT @dplusbruno: First @DeafSocialWork presentation of the career! The PPT is live at https://t.co/eWnEghuKvo #MacroSW #EmpowerUp #NASWNYS h...

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
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Vilissa Thompson @VilissaThompson
@nancy_kusmaul That's going to be a fun time. See as many as you can! #MacroSW

Karen 🌹 Zgoda @karenzgoda
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Priscilla Phetsamone Cerebral Palsy Warrior 💜 @PriscillaPetra1
@VilissaThompson Well I went to Reno NV, last weekend, with my family for a 2 days trip, it was fun. I did get carded when I order myself a margarita though. The bartender lady thought I was 19 😅. I'm gonna be 30 next month. Then on sunday I'm going to a #WWE wrestling live event #MacroSW
Vilissa Thompson @VilissaThompson
RT @PriscillaPetra1: @VilissaThompson Well I went to Reno NV, last weekend, with my family for a 2 days trip, it was fun. I did get carded...

Vilissa Thompson @VilissaThompson
@PriscillaPetra1 Getting carded when you're over 21 is something else! The wresting event sounds like a good ole time to me! #MacroSW

Sunya Folayan @SunyaFolayan
A3. Spending time with my grandsons and lots of train travel. Taking myself to a B&B, releasing some work and refocusing. Adding more studio, nature, and writing time. #MacroSW

Vilissa Thompson @VilissaThompson
Q4: What advice would you give new social workers about practicing self-care & its importance? #MacroSW (This is the last question of the night!)

Vilissa Thompson @VilissaThompson
A4: My main advice: take your leave. Use your time off to do something for you. #MacroSW

Melanie Sage 🚁@melaniesage
@VilissaThompson A4. Choose to work at a place that values you as a human w/a life, remember that the world will continue to turn if you're not there and that you're no good to anyone if you're hanging by a thread. #macrosw

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: A4: My main advice: take your leave. Use your time off to do something for you. #MacroSW

Vilissa Thompson @VilissaThompson
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Nancy Kusmaul, PhD, MSW @nancy_kusmaul
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Karen 🌹 Zgoda @karenzgoda
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Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: #MacroSW https://t.co/9jj7nrwJ15

Karen 🌹 Zgoda @karenzgoda
A4: A workplace that does not support self-care is a red flag - keep your resume updated! #MacroSW https://t.co/cNe2lqqjtG

Lindsay Natzel, MSW @L_Natzel
@VilissaThompson That it isn’t always a #TreatYourself deal, self-care can be indulging in favorite foods, etc., but it’s taking CARE of your SELF so that includes things like staying organized, eating right, and keeping your house clean, etc. It isn’t always fun but it IS necessary. #MacroSW

Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @L_Natzel: @VilissaThompson That it isn’t always a #TreatYourself deal, self-care can be indulging in favorite foods, etc., but it’s tak...

Vilissa Thompson @VilissaThompson
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Karen 🌹 Zgoda @karenzgoda
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Vilissa Thompson @VilissaThompson
A WORD! #MacroSW

Vilissa Thompson @VilissaThompson
@L_Natzel I so agree. Doing what is necessary for you is always the right kind of self-care to partake in (even when it’s adulting tasks to help better yourself). #MacroSW
Nancy Kusmaul, PhD, MSW @nancy_kusmaul
RT @VilissaThompson: A WORD! #MacroSW
https://t.co/26CHnI4zZD

Melanie Sage 🎓@melaniesage
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Karen🌹 Zgoda @karenzgoda
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Vilissa Thompson @VilissaThompson
Thank you to all that participated tonight! I hope that your summer is filled with great memories! #MacroSW

Vilissa Thompson @VilissaThompson
Join us next Thursday for the last part of the Sex Workers series by @porndaughter #MacroSW

Sunya Folayan @SunyaFolayan
@VilissaThompson Enjoy, Vilissa! See you at the retreat!#MacroSW

Christopher Scott, MSW, CSWA @hhsocialwork
RT @karenzgoda: A4: A workplace that does not support self-care is a red flag - keep your resume updated! #MacroSW
https://t.co/cNe2lqqjtG
Lindsay Natzel, MSW @L_Natzel
RT @VilissaThompson: @L_Natzel I so agree. Doing what is necessary for you is always the right kind of self-care to partake in (even when...)

Karen🌹Zgoda @karenzgoda
@melaniesage #MacroSW https://t.co/ZRTQS4oAx

Sunya Folayan @SunyaFolayan
Cool! Thank you. #MacroSW

Vilissa Thompson @VilissaThompson
RT @SunyaFolayan: Cool! Thank you. #MacroSW https://t.co/e7D35CR5sk

Karen🌹Zgoda @karenzgoda
RT @VilissaThompson: Thank you to all that participated tonight! I hope that your summer is filled with great memories! #MacroSW

Vilissa Thompson @VilissaThompson
Now I'm about to do some self-care by unplugging & going to bed because it has been a long, yet good day. Practicing what I shared on here, aren't I? #MacroSW

Neauxna @neauxna
RT @VilissaThompson: Now I'm about to do some self-care by unplugging & going to bed because it has been a long, yet good day. Practicing...

Freedom News 411 @FreedomNews411
RT @VilissaThompson: A3: If you feel a bit stumped as to what to do this summer, this is a good list to check out: https://t.co/wDzuvcya...

Freedom News 411 @FreedomNews411
RT @SunyaFolayan: Cool! Thank you. #MacroSW https://t.co/e7D35CR5sk
Free Custom Analytics and Transcripts for #MacroSW

100,000 Tweets
Symplur has over 100,000 #MacroSW tweets going back to October 2015.
Get unrestricted access to all conversations with Symplur Signals.

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