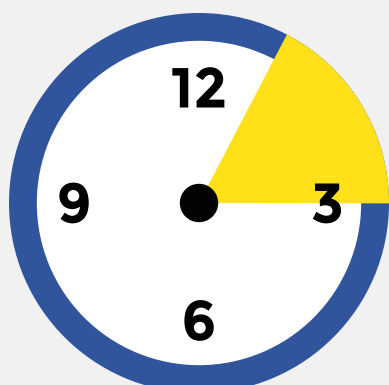


THE BEST TIMES TO POST ON SOCIAL MEDIA



FACEBOOK

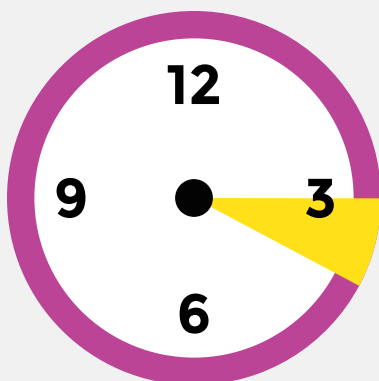


Wednesday & Thursday
1:00-3:00pm

Thursday is usually the best day of the week to post. Weekdays from 10am and 4pm are strong as well.



INSTAGRAM

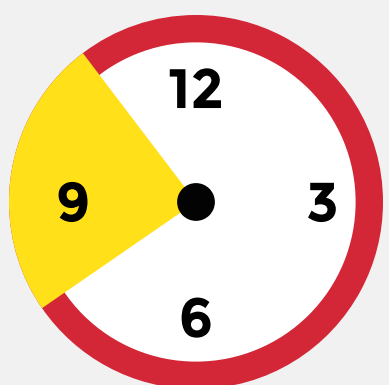


Monday, Wednesday,
and Friday
3:00-4:00pm

High engagement will usually trend during the middle of the day on weekdays. The average user spends nearly half an hour per day on Instagram - so make sure you are posting!!



PINTEREST

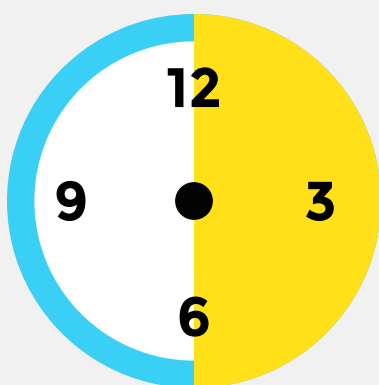


Saturday
8:00-11:00pm

People have more time to sit back, relax & pin.

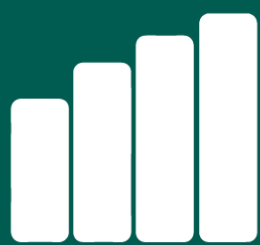


TWITTER



Monday-Friday
12:00-6:00pm

Click-through rates are higher during weekdays and work hours. Friday is usually the strongest day to post.!



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DENTAL MARKETING EXPERTS

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