



# R U N N I N G *in triangles*

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## *about the author*

### **VANESSA RAPISARDA**

*is a 38 year old stay-at-home mother of 3 from Winnipeg, Manitoba, Canada. As a postpartum depression survivor, it has become her mission to help raise awareness of the many struggles that mothers face, including mental health and self care.*

## *about the blog*

Running in Triangles is a registered business in Canada that operates with the highest level of professionalism.

Mothers make up the largest portion of the target audience. Demographics include women ages 24 - 45 living in the USA, Canada, UK & Australia.

Regular blog posts, including guest and collaborative posts, offer useful information on topics such as maternal mental health, self care, pregnancy and postpartum recovery.

"The Postpartum Depression Survival Guide" is the official e-mail list with over 900 subscribers.

## *statistics*

**EST. JANUARY 2017**

**20.8 K** MONTHLY PAGEVIEWS

**19.2 K** UNIQUE VISITORS

\*6 month average



@runintriangles  
18k + FOLLOWERS



@running\_in\_triangles  
1.8k + FOLLOWERS



@runintriangles  
865 + PAGE LIKES/FOLLOWS



@runintriangles  
1.2k + FOLLOWERS

## *collaboration*

**SEE PRICE LIST FOR MORE  
DETAILED INFORMATION**

**| PRODUCT REVIEWS**

**| SOCIAL MEDIA SHARES**

**| SPONSORED & GUEST POSTS**

**| GIVEAWAYS & CONTESTS**



# R U N N I N G

## in triangles

# let's work together!

**WE ARE EXCITED FOR THE OPPORTUNITY TO REPRESENT YOUR BRAND!**

*We offer a combination of original blog posts and social media promotions to help spread awareness about your brand and business. You can expect high quality product reviews and images, customized to fit your needs!*

## social promos

### Instagram Post

Includes brand tag on Instagram & link in bio

**\$25**

### Instagram Combo

Includes post plus promotion on Instastory

**\$35**

### Paid Link

Includes 1 no-follow link within an existing blog post

**\$25**

### Pinterest Combo

Includes 1 link within an existing blog post, 1 branded pin, 1 "buyable" pin & scheduled shares to 25+ group boards

**\$75**

## packages

### small

**\$100**

Includes:

- 1 Blog Link (within an existing post)
- 1 Pinterest Combo
- 1 Instagram Post
- 1 Facebook Page Post
- 1 Twitter Post

### large

**\$250**

Includes:

- 1 Original Blog Post, min. 500 words with original images and anchored links
- 1 Pinterest Combo
- 1 Instagram Combo
- 1 Facebook Page Post
- 1 Twitter Post

Please Note: All prices are listed in USD. Sponsored posts will be properly disclosed and all paid links will be "no-follow" links in order to comply with Google's policies.

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Payment will also be accepted in the form of a product or service of equal or greater value. Please contact us for more information.

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