Is Your Marketing Viral ?

"You can't do anything else till you know who you are and how you describe yourself to others" Jill Beth Lang

Rules & Ideas

" Not Rocket Science"

What would you say about yourself and your business?

- Welcoming
- Fun
- Fresh
- Informative
- Vital
- Expert

It is called Social Networking for a reason !

- Would you use those words at a cocktail party?
- Keep It Social !
- Why do people care ?

No Hard Core Selling !!

Soft Sell your product or events !

What is your Mission?

- Tie it into your posts
- Leverage your posts
- Share your Brand
- People do business with People

Become the expert !

- Know your product
- Will people look to your page for advice ?
- Share within your field

What ? You don't have time?

Make Time !!

- Few minutes a day - everyday
- Phone a Friend
- Get your message ready before you sit at the computer
- Monitor others in your field for inspiration

Rockland Main Street Inc. Lorain K. Francis

Rockland Main Street Inc. Lorain K. Francis

RHEAL day spa - Mozilla Firefox

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www.facebook.com/pages/RHEAL-day-spa/54524243375

facebook

Search

Lorain K. F... Home

More

664
like this

23
are talking about this

4
were here

Likes See All

Jess's Market

All Aboard Trolley &

Where Do I Go Now -

Massage Warehouse

ROCKLAND POLICE

4 people like this.

Write a comment...

Loyal Biscuit Co.

Paws crossed Main St. will be open soon! Until then, we are still open on this end of town! Check out the great places like Fiore Olive Oils and Vinegars, RHEAL day spa, Cutwater Outfitters, Bikesenjava, Sunfire Mexican Grill and more! You can still access our back parking lot via Lindsey St. and if you park behind Cuttwater via Tillson Ave, you can walk right up Glover's Passage. It's a beautiful day to check out Main St. Rockland.

Rockland Main Street Sewer Project

Hey Biscuit Fans! Main Street is currently closed to all vehicle traffic between Limerock St. and Glover's Passage (Glover's Passage is between Rheal Day Spa & Cutwater Outfitters - right across the street from us) until Sept. 27. (This has been extended to approx. Oct. 17... By: Loyal Biscuit Co.

View Post · 3 hours ago

RHEAL day spa

Big Dig, Big Schmig - there is nothing difficult about getting to the north end of Main. Park behind us and walk up Glover's Passage. Get to the parking lot from Tillson Avenue (behind

wonderful! So relaxing, and my skin feels great!

1

Write a recommendation...

Find Friends from Rockland, Maine

59 of your friends live in Rockland, Maine. Find more people you know from Rockland, Maine.

Find Friends

People You May Know See A

Sarah Francis
5 mutual friends
Add Friend

Sponsored Create an A

Rockport Computer Systems

Mid-Coast Maine's Honest, Reliable, and Affordable PC Repair, Remote

Rockland Main Street Inc - Lorain K. Francis

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Massage Warehouse

ROCKLAND POLICE

Create a Page

Add to My Page's Favorites

Get Updates via SMS

Get Updates via RSS

Unlike

Report Page

Share

View Post · 3 hours ago

RHEAL day spa

Big Dig, Big Schmig - there is nothing difficult about getting to the north end of Main. Park behind us and walk up Glover's Passage. Get to the parking lot from Tillson Avenue (behind the Thorndike Bldg). Eat at Sunfire Mexican Grill - get your creative stuff done by Pinnacle Creative Team get a massage or facial at RHEAL! It's all happening at our end of the zoo. (:

Like · Comment · Share · Saturday at 7:41am

Joanne Golden Billington and 11 others like this.

Patricia Moran Wotton nothing more luxurious than a facial at Rheal.. heated bed,soft music, hand and foot massage..
Saturday at 9:56am · Like · 2 people

BarterWorX I have to agree with you Patricia!
Saturday at 10:28am · Like · 1 person

Write a comment...

Loyal Biscuit Co.

Raffle items for Pints for Paws are piling up!! Thank you RHEAL day spa and Maine Eastern Railroad for your donations! We also have over 100 pounds of dog food and

Sponsored Create an A

Rockport Computer Systems

Mid-Coast Maine's Honest, Reliable, and Affordable PC Repair, Remote Support & Web Design. Call 207-975-0231 or email us today!

Like · Elizabeth Stanley-Photography likes this.

VisitNH

Receive discounts on New Hampshire lodging, restaurants, activities and more, exclusively for our Facebook fans. "Like" us today!

Like · 45,126 people like this.

Have Creative Ideas?

Put Your Creativity To Work With A Graphic Design

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Write a comment...
Lynne Henry
My first visit to Rheal was this past Saturday. My review? GO THERE. The very first word on their website's home page is "Welcoming." And now I know why.
Like · Comment · September 19 at 10:08am
RHEAL day spa likes this.
Carol Willette Bachofner they are awesome... what did you have done?
September 19 at 10:24am · Like
Lynne Henry Fifteen minute massage. Jamie was AWESOME, to borrow your word! I will definitely go back when I can afford to do so!
September 19 at 12:58pm · Like
Carol Willette Bachofner there are always gift certificates!!! ask Santa!
September 19 at 1:03pm via email · Like
Lynne Henry Good to know, good to know! Perhaps I shall ask Santa/Gary for a gift certificate for my upcoming "double-nickel" birthday.
September 19 at 1:07pm · Like
Write a comment...
Rockland Main Street Inc. Lorain K. Francis

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September 28 at 8:34am · Like
Write a comment...
RHEAL day spa
RHEA
Two young teens were outside the spa trying to get close to see the hole of the big dig which is dangerous so I invited them in. We have the perfect viewing window, fyi. Anyway, one of the girls said, "Is this a makeup store?! I'm in heaven!" Me, too, I said. Rheal is a special place - have you discovered it?
Like · Comment · Share · September 25 at 3:23pm
Joanne Golden Billington and 8 others like this.
Write a comment...
RHEAL day spa shared a link.
RHEA
Rockland Main Street businesses open during Big Dig Project - The Herald Gazette - Rockland - Camden
knox.villagesoup.com
While Main Street and Limerock Street will be closed to vehicular traffic some days, all sidewalks, parking lots and businesses will be open all days.
Rockland Main Street Inc. Lorain K. Francis
Like · Comment · Share · September 25 at 12:22pm

RHEAL day spa - Mozilla Firefox

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RHEAL day spa

Thank you to Tim Sullivan and Rick Johnson for helping move our makeup counter yesterday. I love the immediate action of a small, tight community like ours!

Like · Comment · Share · September 15 at 7:06am

Kirsten Cronin, Victoria Condon, PJ Walter and 10 others like this.

View all 4 comments

Jill Christine Luks Love the new location!

September 16 at 6:20am · Like · 1 person

RHEAL day spa Absolutely, Keith! Crookedness would have driven Rhonda's sensibilities crazy and she would then drive us all crazy. Oh, right, she already does. (:

September 16 at 7:12am · Like

Write a comment...

RHEAL day spa

Rheal needs 2-3, maybe 4 strong dudes to turn a large cabinet. We're willing to pay with massage! Please call 594.5077

Like · Comment · Share · September 14 at 9:26am

Rockland Main Street Inc. Lorain K. Francis

RHEAL day spa - Mozilla Firefox

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Write a comment...

RHEAL day spa

So, day one of construction outside the spa and our first client today was a brow shaping and she loved the free massage she was getting from the earth tremors!

Unlike · Comment · Share · September 19 at 9:38am

You and 2 others like this.

Jane Filos Dagley Gotta look on the positive side

September 19 at 10:24am · Like · 1 person

Debra Greenlaw That is definitely capitalizing on your surroundings and making the best out of every situation!

September 19 at 11:00am · Like · 1 person

Write a comment...

RHEAL day spa

September special offer for two more weeks -- Foot Soak, Reflexology, Facial for $108 - a $120 value. Discover Reflexology...

Like · Comment · Share · September 19 at 7:26am

Rockland Main Street Inc. Lorain K. Francis

Lynne Henry likes this.

Loyal Biscuit Co. - Mozilla Firefox

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Create a Page

Loyal Biscuit Co.

Pet Services · Rockland, Maine

Wall

Info

Friend Activity (1+)

Deals

Photos

Dog Wash

Newsletter

Reviews

Videos

MORE

About

Voted 2010 & 2011 Best Pet Store in Maine by Downeast Dog News

Wall Loyal Biscuit Co. · Everyone (Most Rec...

Share: Post Photo Link Video

Write something...

Loyal Biscuit Co.

Paws crossed Main St. will be open soon! Until then, we are still open on this end of town! Check out the great places like Fiore Olive Oils and Vinegars, RHEAL day spa, Cutwater Outfitters, Bikesenjava, Sunfire Mexican Grill and more! You can still access our back parking lot via Lindsey St. and if you park behind Cuttwater via Tillson Ave, you can walk right up Glover's Passage. It's a beautiful day to check out Main St. Rockland.

Rockland Main Street Sewer Project

Rockland Main Street Inc · Lorain K. Francis

Hey Biscuit Fans! Main Street is currently closed to all vehicle traffic between Limerock St.

You and Loyal Biscuit Co.

68 friends like this.

1 friend worked here.

Rockland Main Street, Fenway (the dog)

Find Friends from Rockland, Maine

59 of your friends live in Rockland, Maine. Find more people you know from Rockland, Maine.

Find Friends

Friends' Videos

OMG Christian is having fun

Loyal Biscuit Co. - Mozilla Firefox

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www.facebook.com/loyalbiscuit

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Search

Lorain K. F... Home

Write a comment...

Trackside Station

Don't miss our second Pints for Paws fundraiser in two weeks! It takes place Monday, Oct. 24 from 5 to 8 p.m. with music by Paddy Mills to benefit the Humane Society of Knox County. We're very excited to be working with Loyal Biscuit Co. once again on this great event!

Wall Photos

View Post · 21 hours ago

Loyal Biscuit Co.

I know that it is beautiful and warm and sunny out... BUT, this is Maine and winter, I am sad to say, will be coming

Rockland Main Street Inc · Lorain K. Francis

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View Post · 21 hours ago

Loyal Biscuit Co.

I know that it is beautiful and warm and sunny out...BUT, this is Maine and winter, I am sad to say, will be coming soon. You can keep your pup warm in this ADORABLE and reversible puffy jacket (complete with harness hole) from Fab Dog, Inc.! We have it in both orange/pink and red/blue!

Wall Photos

Like · Comment · Share · 23 hours ago

9 people like this.

View all 8 comments

Rockland Main Street Inc. Lorain K. Francis

Loyal Biscuit Co. I think a puppy fashion should

Loyal Biscuit Co. - Mozilla Firefox

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Write a comment...

Loyal Biscuit Co. shared Loyal Biscuit Treat Co's photo.

Wall Photos

Thank you! Thank you! Thank you! TipsyNip Organic Catnip Products for this AWESOME graphic of our release!! Congrats to you as well for making your national "debut" in the same issue! TipsyNip makes our AWESOME Tickle Pickle that we carry - BEST CAT TOY EVER!!

By: Loyal Biscuit Treat Co

Like · Comment · Share · Sunday at 3:23pm

5 people like this.

Rockland Main Street Inc. Lorain K. Francis

Write a comment...

Loyal Biscuit Co. - Mozilla Firefox

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Loyal Biscuit Co.
With visits from Cooper, Sirius, J Bailey and Hudson, my Chuck is one pooped out puppy today! It will be a quiet Saturday night in our house!
Like · Comment · Share · Saturday at 2:14pm

3 people like this.

Brian Demers B & H are both crashed. They had a great time visiting and playing with Chuck. I will never give them a bath at home, again!
Saturday at 2:33pm · Like · 1 person

Loyal Biscuit Co. Chuck is passed out cold in the middle of the floor. He isn't moving for anyone!
Saturday at 2:45pm · Like

Write a comment...

Loyal Biscuit Co.
Way to go Loyal Biscuit Treat Co! This is in the October 2011 issue of Pet Business Magazine!!

Rockland Main Street Inc. Lorain K. Francis

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Loyal Biscuit Co.
Oh My GOODNESS!! It is Friday and I completely forgot! I think I forgot last week too! EEK! Well, today's FACEBOOK FRIDAY is on Zuke's Performance Pet Nutrition - buy one, get one free! Offer good today only and while supplies last - don't forget, you have to tell us you saw it on Facebook!!
Like · Comment · Share · October 7 at 11:32am

3 people like this.

View 1 share

Write a comment...

Loyal Biscuit Co.
Prudence and Mutt NOSE Best are have a a little contest! Check out Pru's blog on how to enter. We are totally loving the Mutt Nose Best line here at The Biscuit - U. Berry Clean Dog is my favorite!!

Mutts Do "Nose" Best
ofcowtailsandchewtoys.com
Baths. I hate them, I loathe them, and yet my human insists that I need them at the most inconvenient times (i.e. anytime). The only reason I put up with it is because I usually get more attentio...

Rockland Main Street Inc. Lorain K. Francis

Like · Comment · Share · October 7 at 11:22am

Rockland Main Street Inc. Lorain K. Francis

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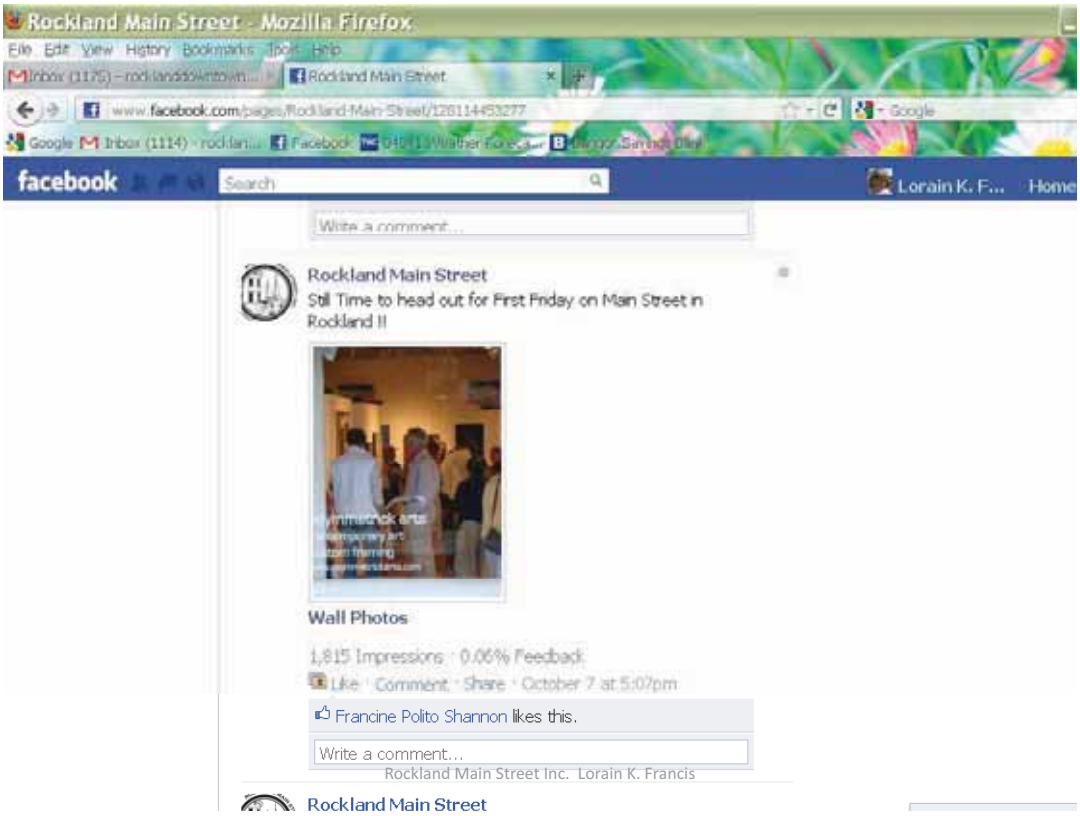
Home
Get Updates via SMS
Get Updates via RSS
Unlike
Share
Rockland Main Street shared Penobscot Bay Regional Chamber of Commerce's status update.
Penobscot Bay Regional Chamber of Commerce
Some traffic patterns have shifted around today in downtown Rockland (due to construction). But have no fear, parking is still available, sidewalks are still walkable, stores and businesses are still open, restaurants are still serving yummy treats, and the weather is beautiful!
1,621 Impressions · 0.06% Feedback
Like · Comment · Share · Yesterday at 2:42pm
Kirsten Transcribes likes this.
Write a comment...
Rockland Main Street
Huge Thanks to Amber Heffner with MidCoast Magnet for being my guest this morning on "This Week on Main Street in Rockland". Juice 3.0 Nov 4&5 at the Camden Opera House.
Sign up ! You won't want to miss it !
Why Juice? Why Risk? | Juice Conference
juiceconference.org
Photography likes this.
Enrout
Click "Like" if you love Maine!
Like · 36,151 people like this.
Seacoast RV SuperStore
Don't get left out i the cold! Seacoast RV has what you need for RV winterizing & virtu camping all year long.
Like · 803 people like this.
BRACKETT'S MARKET
Bath Maine's Hometown Supermarket! ! Hand cut steaks! Fine wines. Microbrews, deli , bakery & Lobsters Come by boat an dock & shop!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Rockland Main Street
Still Time to head out for First Friday on Main Street in Rockland !!
Wall Photos
1,815 Impressions · 0.06% Feedback
Like · Comment · Share · October 7 at 5:07pm
Francine Polito Shannon likes this.
Write a comment...
Rockland Main Street

Rockland Main Street Inc. Lorain K. Francis

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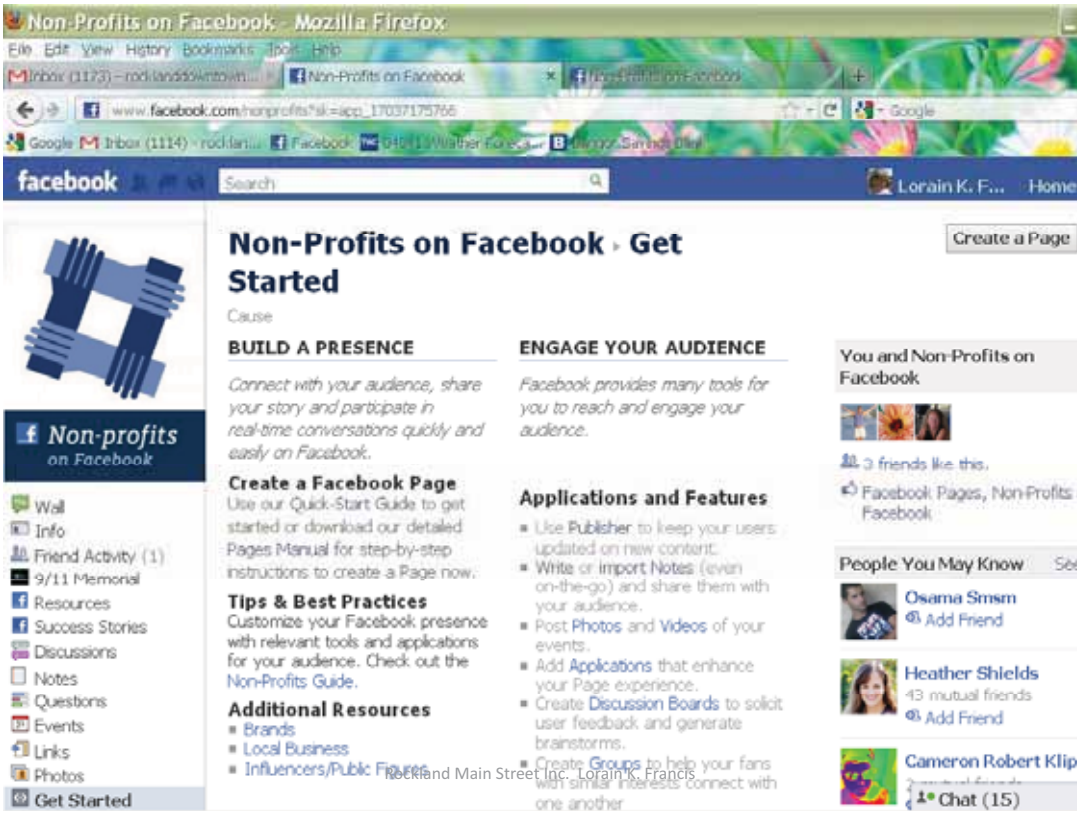
Rockland Main Street Inc. Lorain K. Francis



Rockland Main Street Inc. Lorain K. Francis

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- Wall
- Info
- Friend Activity (1)
- Resources
- Public Figures an...
- Marketing Talks Live
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- Stories

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Product/Service

Create a Page

Best Practice Guides for Public Figures and Orgs

Every day, millions of people all over the world visit Facebook to connect with friends and share what they love. These guides are designed to help you make the most of your Facebook Page to tell your story and build deep, lasting connections with your audience. Find your Page category, download the corresponding Guide, and 'Like' the relevant Page to receive important updates. If you are a public figure and want to use your profile to share updates with an audience, you can use **Subscribe** in addition to or instead of a Page.

Join the conversation.

Download the Guide for Celebs

You and Facebook Pages

6 friends like this.

Non-Profits on Facebook

Friends' Videos

This is Pete's commute to work in...
Added about a month ago
By Holly Sherburne

People You May Know

Katterine Castro

Chat (20)

Rockland Main Street Inc. Lorain K. Francis

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Facebook

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- Add to My Page's Favorites
- Get Updates via SMS
- Get Updates via RSS
- Unlike
- Share

Stay in touch with constituents.

Download the Guide for Politicians

Like 174K

Share scores and highlights.

Download the Guide for Athletes

Like 2M

Create a dialogue with supporters.

Download the Guide for Non-Profits

Like 1M

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Rockland Main Street Inc. Lorain K. Francis

Chat (21)

Where is your audience?

Rockland Main Street Inc. Lorain K. Francis