01-08-23

Facebook reel = <https://www.facebook.com/reel/7361152150578364>    
Facebook post = <https://www.facebook.com/photo?fbid=685461626958535&set=a.663780209126677> {Facebook post}  
Instagram reel = <https://www.instagram.com/reel/CvZtlWVvabO/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==> {Instagram reel}  
Instagram reel = <https://www.instagram.com/p/CvZtGTtBtAC/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==> {Instagram post}  
Youtube Shorts =  <https://youtube.com/shorts/8LTocQ52--s?feature=share>