



# Teresa Forehand PA-C

wellness and lifestyle influencer

Hi there, I'm Teresa! I am a wife, and a mom to three littles under 6. I am an Oklahoma girl and a certified physician assistant who has a passion for sustainable health. My focus lies in wellness and lifestyle influencing targeted at families. I am a recipe curator, and I focus on creating healthy, family friendly meals. I believe the home is a sacred place for families, and I am passionate about helping parents simplify meal time, so they can enjoy it and connect as a family.

I use my experience in medicine to help guide what I share, and provide educational and motivational content for my followers. I want to serve my followers with the best value added content- so you will see healthy recipes and lifestyle, along with motivation and inspiration on my page.

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## AUDIENCE

18-65 + AGE RANGE

80% USA, CANADA

97.1% FEMALE

## KEY STATS

1.1M  
ACCOUNTS REACHED

22000  
AVG. STORY VIEWS

110,000  
AVG. REEL VIEW



168K  
FOLLOWERS



35K  
SUBSCRIBERS  
57.1% open rate





## WHAT TO EXPECT

A variety of quality, fun reels, stories, and carousel posts tailored to your brand. I will use your product in a creative way to engage my followers and allow them to see themselves using your product. I can also provide links and the content to my email subscribers.

## BRANDS I'VE WORKED WITH

Airbnb

T-Fal

Scripto Lighters

Willaminas

Black and Decker

Lolly Garden Boutique

Utica Square

Wet Brush

JuJu Jams

Out West Farms

Michael Todd Beauty

Cadillac

Lotus Trolley Bags

House of Noa

Schar Gluten Free Breads

T-fal cookware

Frontier Hotel

Vitacost

Luxmery

Eva Polar

Skin Bae

Life Force

Simply Sori

Walmart

Kinders

Box Tops

FabFitFun

Hungry Root

Mixtiles

Dove

Wheat Thins

Oreo

Tyson