<h2> (first heading- small and blue)

<h3> (secondary headings- larger and blue)

<li> (BULLET POINT)

<ul> (UNORDERED LIST)

&nbsp; (SPACE)

<strong> (BOLD)

<em> (italics)

CPD: <a href="https://hlth.pl/4qb" target="\_blank" rel="noopener"><img class="size-full wp-image-25979 vertical-align:middle alignleft" src="https://www.healthed.com.au/wp-content/uploads/2020/06/2020-22\_Quick\_Log\_Accreditation\_CMYK-PROVIDER1-1.jpg" alt="" width="212" height="219" /></a>

<script type="text/javascript" src="https://form.jotform.com/jsform/222201469614046"></script>

WEBCAST LINK

Split webcast folder:

Open premiere pro

New project

Project name: 7March2023

Location

Create

Backup video

File new, sequence: sequence name: WarrenWard\_7March2023

Drag video into project(left box)🡪 then drag onto timeline🡪 change settings

Right click🡪 unlink🡪 cut audio/visual if you need

Selection tool🡪 delete

Do the same at the end of the video

Now: outro etc.

Find previous file with outro/intro

COPY & paste it into your video

Then change the title page- text tool and update

Save it

File export

Media🡪 make sure location is right🡪 Send media encoder🡪 play button

Project/sequence

New sequence (call it the new speakers name)

Export

Cross dissolve (must be over the video

Therapy

ACTIVE CAMPAIGN:

* Remove '!' and/or '?' from subject lines.
* Remove the word 'Here" in 'Unsubscribe Here' at the footer of the email.
* Look for the phrase "lose pounds/lbs/weight" in the subject line.
* **Don't use link shorteners (eg, bitly)**
* **Don't use a full HTTP link as the forward-facing text of a hyperlink**
For example, this is what you want to avoid in your emails:


* **Optimize your images**
Make sure that you are using optimized and compressed images in your campaigns. Heavy images can cause troubles: they trigger anti-spams and damage user experience. Try to keep every individual image under 50kb. You can easily achieve this by using JPGs instead of PNGs, and slicing any big image in smaller images and compressing them a little bit more.

<https://www.healthed.com.au/clinical_articles/lets-talk-about-patient-weight/>

https://www.healthed.com.au/clinical\_articles/vaping-survey-results/

To Do:

Leaderboard & MREC dev site

Recommended resources”

Omny media player same same

Correct duration

“total time” ??