

## Navigating the Facebook group

For those that like to read, here is a short visual guide to navigating the Facebook group.

The Facebook group is private. No-one outside the group can see your posts in this group. Everyone in the group is either on the program or working for DietvsDisease.

The group is a safe space for you to share your journey, get support, ask questions and learn from others.

We know that talking about digestive issues can be hard, that it can feel isolating and awkward, but not in here! As gut health Dietitians we talk about bodily functions, poop and symptoms all day, every day! We hope that we can help normalise what you are going through to empower you to tackle your digestive issues with confidence.

The image shows a screenshot of the Facebook 'Diet vs Disease Community' group page. The page is dark-themed and features a sidebar on the left with navigation options: 'Community home', 'Events', and 'Write something...'. The main content area displays a 'Discussion feed' with posts from members like Erin O'Neill Dietitian and Tim Matthews Dietitian. A 'Featured' section is also visible. The right sidebar contains an 'About' section and a 'Topics in this group' section. Red circles and lines highlight specific features, each with a corresponding callout box:

- Events tab:** Find all Dietitian and Mindset coaching Q&A's here. (Points to the 'Events' tab in the left sidebar)
- Discussion feed:** Most recent posts appear here. (Points to the 'Discussion' tab in the main content area)
- Featured:** Pinned posts and threads appear here. (Points to the 'Featured' tab in the main content area)
- Files:** All files that have been uploaded appear here. (Points to the 'Files' tab in the main content area)
- Messenger:** Direct messages appear here. (Points to the Messenger icon in the top right corner)
- Notification bell:** Notifications of activity relating to you or your groups appears here. (Points to the notification bell icon in the top right corner)
- Search function:** Search keywords for anything you are thinking of asking about. (Points to the search icon in the top right corner)
- Write something:** Create posts here. You can ask questions any time. Add photos, links to products, menus etc. (Points to the 'Write something...' text box in the main content area)