

# SHOUTOUT KEN-TAL

Support and shop local all month long!



## We're celebrating our community businesses in a big way.

For the entire month of November, we are promoting our local Kensington and Talmadge businesses, with free ways for you to get involved!

Watch for details on Instagram and our website every day as we support our member businesses all month long.

We'll be giving away fourteen \$25 gift cards to your favorite local restaurants and shops. Follow along on Instagram [@kentalbiz](#) and use the hashtag [#shoutoutkental](#) for a chance to win!

Get all the details about the specific businesses you can support each day at [kentalbiz.org](#)

	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>WEEK 1</b> Nov. 1-7							
<b>WEEK 2</b> Nov. 8-14							
<b>WEEK 3</b> Nov. 15-21							
<b>WEEK 4</b> Nov. 22-28							
<b>WEEK 5</b> Nov. 29-30			-	-	-	-	-

Use the calendar above to chart your participation by checking off each day you participate. At the end of the month, share a photo of your participation with us via email or Instagram for a chance to win one of the fourteen \$25 gift cards!

### Support + Share Sunday

Send a note of encouragement via a testimonial or a sweet message, or share your favorite local biz on social media or Nextdoor to show some love and kindness to your community.

### Home Made Monday

Our community is filled with people who design, build, sell, and beautify our homes and local landmarks. Let's join together in supporting the businesses that make our community "home" with reviews, social follows, and thinking local for your next project!

### Take-Out Tuesday

Quench your biggest craving with take-out from one of our local restaurants. We have some of the best bites in all of San Diego, and the options are endless!

### Wellness Wednesday

Shop or share a local health, beauty, or medical business—we all have a doctor or trainer that deserves massive kudos for helping us stay well.

### Shop Small Saturday

We have plenty of boutiques and small businesses to choose from—pick one and make a purchase!

### Self-Care Thursday

Tap into self-care with our local fitness and wellness experts. From fitness, to energy healing and massage, join us in celebrating these wonderful community leaders.

### Free-For-All Friday

How do you want to support a business? Go out and do your own thing!



**KENSINGTON  
TALMADGE**  
BUSINESS ASSOCIATION

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