

# coleherbals

## *Affiliate News*

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### **Instagram has more than 2 billion users**

... and this is why I love Instagram and encourage you to try it out, be consistent, and be yourself.

This week's training is for you if you have not downloaded Instagram, created a business account, or experimented with reels. If you've done all three, what has been your proudest moment on Instagram? What is your biggest challenge?

Here is the training I recommend:

- Step-by-step written instructions for creating an Instagram account  
- <https://taplink.at/en/blog/how-to-create-an-instagram-account.html>
- Video on How to Create an Instagram account and the features that will help you  
- [https://youtu.be/7W\\_n0lu1DqE?t=74](https://youtu.be/7W_n0lu1DqE?t=74)
- Instagram Reel Tutorial - <https://youtu.be/1n1VnbiOw3I?t=42>

Let me know how I can help,

*Brenda*