

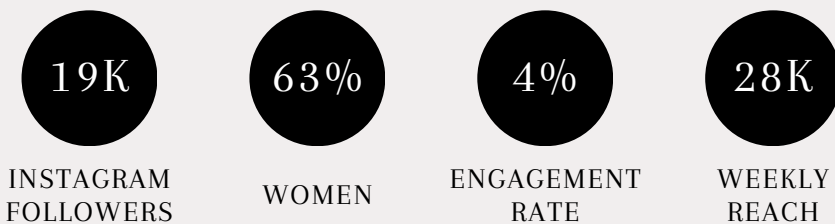
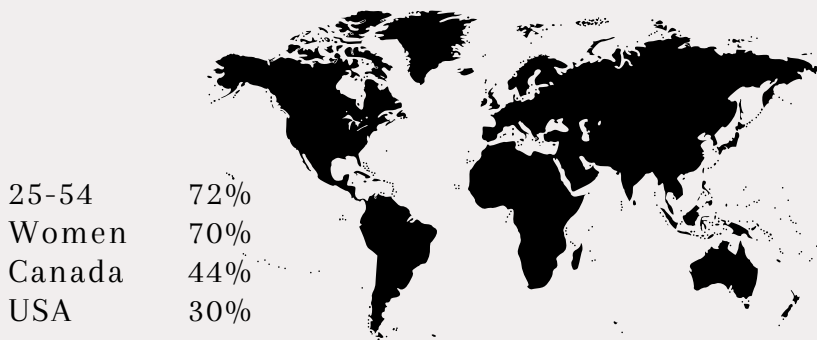
# Mary Sheridan

TRAVEL | FOOD | LIFESTYLE

I'm Mary, the creator of MaryinVancity.com, a trusted blog with 7,000+ engaged subscribers. As an award-winning digital strategist and content creator, I specialize in authentic storytelling that connects brands with real audiences. With a strong social media presence, I craft engaging content on food, travel, and lifestyle, helping businesses stand out. Whether it's restaurant features, travel partnerships, or brand collaborations, I bring a relatable, strategic, and results-driven approach to every project.



## Demographics & statistics



## Services & Rates

Instagram Post	fr. \$250
Blog Post	fr. \$300
Instagram Reel	fr. \$300
Stories	fr. \$50
Product Reviews	\$200 or in-kind experiences

## Social links

<b>Instagram:</b>	@maryinvancity
<b>Facebook:</b>	@maryinvancity
<b>TikTok:</b>	@maryinvancity
<b>Website:</b>	<a href="http://www.maryinvancity.com">www.maryinvancity.com</a>

