

Take a Healthy Selfie!



Join the Consortium (GTCMHIC) in our Healthy Selfie challenge!

What is a Healthy Selfie? Take a picture of yourself doing something healthy. It could be alone, with others, or with your pets! Healthy activities can be as simple as drinking water or as challenging as climbing a mountain! Be creative, have fun, and stay safe.

When: from June 3rd to July 1st

How to Participate: Submit your selfies (up to 2 per week) with your name and a short description of the healthy activity. You can win a NYS Empire pass at the end of the challenge, each photo is an entry in the drawing!

Here's how to submit your selfies:

- Send it by email to hcwellness@tompkins-co.org
- Upload it to our Facebook page www.facebook.com/GTCMHIC

How to Win:

- A participant will be drawn at random to win the NYS Empire Pass at the end of the challenge.
- All photos contributed may be used for future Consortium marketing.
- Photo with the most "likes" on our Facebook page by July 1st wins a \$100 gift card to Target.

Questions? Contact hcwellness@tompkins-co.org

Reminders: This is a voluntary activity. Please talk to your doctor before starting a new exercise program. Most importantly, be safe and have fun!

