



# ANMC Healthy Selfie Project

**Share your 'Healthy Selfie,' and win prizes!**

**Here's how it works:** We'll post a different topic each week to the ANMC Healthy Selfie Facebook page. You just have to post a photo of yourself (with a caption) that relates to that topic. You can browse other posts for new healthy ideas and inspiration, and share posts you like with others. At the end of the project, we'll compile our favorite submissions to create a 'Healthy Ideas We Love' page on the ANMC website.

You will be automatically entered in random weekly drawings for fun prizes like coffee cards and movie tickets (and more!) just for posting! And, at the end of the project, we'll also select grand prize winners in each of the following categories:

1. **Most creative idea/activity**
2. **Most inspirational idea/activity**
3. **Best overall photo**

The Healthy Selfie Project runs Oct. 20 - Dec. 31.

**Check the ANMC Healthy Selfie Project Facebook page weekly for new topics, prize information and chances to win! Visit <http://anmc.org/healthy-selfie> for more info.**



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