




Move More. Eat Better. Stress Less.

## Social Media Contest

January 22 – February 28, 2018

 **Snap** a photo or video that represents you, your family and friends or work colleagues being **#HealthyinOnslow**

**#Share** your submission on Instagram using **#HealthyinOnslow #LightenUpOnslow**

**Win!** A \$100 Gift Card

Entries will be judged on number of likes and creativity, so be imaginative and spread the word!

Winners will be announced on Monday March 5 on [LightenUpOnslow Instagram](#) and the [Onslow Memorial Hospital Facebook Page](#).

Entries will be accepted starting on January 22, 2018. All entries must be received by February 28, 2018.

Winners will need to respond and claim their prize by March 31, 2018.

Prizes can be picked up at Onslow Memorial Hospital or mailed to the winner.

Note: No endorsement of any specific product or service. Please, no inappropriate language.

This contest is in no way affiliated with Instagram or Facebook.