We believe that health is individually unique, and healthy moments are a crucial part of our daily lives that should always be celebrated – big or small. So flaunt your healthy self by sharing a healthy photo!
Submit all photos to wellness@aura-astronomy.org!

(See FAQ’s for more information)

HEALTHY SELFIE CATEGORIES:
(Must submit one photo for each category, one photo can’t qualify for multiple categories simultaneously)
- Wellness For You - What does Wellness look like to you?
- Break your barriers with a New Recipe or Activity.
- Get Moving! Show us your Fitness photo.
- Show me your plate full of Nutritious fuel.
- Fill’ er Up! Show us how you Hydrate.
- Play well with others - Snap a healthy photo with a group. (friends, family and/or coworkers)
- Grab a selfie with your Health Coach or with this Flyer.
- Work from home - Send us your ergonomic workspace, home workouts, or some healthy pantry meals!

PRIZES!
Hit 4 or more categories & you will be entered into the raffle drawing for
2nd Place - $100 Amazon Gift Card
3rd Place - $50 Amazon Gift Card

GRAND PRIZE
Hit all 8 categories for a chance at the Grand Prize Raffle Drawing for a $200 Amazon Gift Card!
HEALTHY SELFIE FAQ’s

How do I Participate?
To participate in the challenge, all you need to do is submit photos for the categories listed below to wellness@aura-astronomy.org. No sign-up required!

How do I submit a photo?
Email your photo to wellness@aura-astronomy.org and remember to include your first and last name, location, email and photo category.

What kind of photos?
Your photos do not have to be selfies. Simply take a photo of your healthy activity or have someone take a photo for you. Please no dangerous photos; there is no photo worth risking your safety. Submitted photos need to be recent (within challenge dates).

Can we take group photos with other AURA employees?
Yes, you can take group photos with other AURA employees. Only one photo will need to be submitted. Let us know who is in the photo and every employee in the photo will receive category credit(s).

Will my photos be used for anything? (Media Release)
By submitting your photos during the Healthy Selfie Challenge, you are giving permission for us to use the photo for educational purposes and/or for promoting wellness program activities for AURA. The photographs may be edited, modified or retouched for artistic purposes. The photos you submit could be featured in an upcoming AURA health and wellness promotional flyer in the year 2020! If you do not wish to allow your photos to be used, you must expressly state with each photo submission: “Please do not publish my photo.”