






#AvamereEatsHealthy


A Social Media Celebration During National Nutrition Month

In recognition of National Nutrition Month in March, the Avamere Family of Companies is launching a fun campaign on social media! Employees are encouraged to snap a selfie and post to Instagram or Twitter with the hashtag #AvamereEatsHealthy.




How to Participate:

-  Snap a selfie eating a healthy snack or meal, cooking healthy food, shopping at the grocery store, culinary teams preparing food, or think of your own creative, healthy idea.
-  All employees of the Avamere Family of Companies are invited and eligible to participate.
-  Post to your personal Instagram or Twitter profile; your profile must be public. Be sure to add the **#AvamereEatsHealthy** hashtag in your post. You can post more than once!

Rules and Restrictions:

-  Please only post pictures of yourself, your co-workers, and friends and family members, unless they reside at any of our communities. **Photos featuring patients are not permitted and could result in a HIPAA violation.** Please refer to our Social Media Policy regarding use of your personal profile to help guide you in your posts.

Contest:

-  Photos will regularly be shared on our company social media channels throughout the month.
-  Five random winners will be chosen from all entries at the end of the month. Each winner will receive a \$15 Starbucks gift card.
-  You will be contacted directly on your post, so keep an eye on your social profiles.

Please post your photos between

MARCH 1-31, 2019

Have fun! We look forward to seeing your photos!

#AvamereEatsHealthy