

SOCIAL MEDIA CHALLENGE		DETAILS
<p>S</p> <p>Selfie Saturday (SATURDAY, SEPTEMBER 26TH)</p>		<p>Post your best selfie, tag The Valerie Fund, and use hashtag #BecauseofValerie!</p> <p><i>WINNER - TO BE FEATURED ON OUR SOCIAL MEDIA!</i></p>
<p>S</p> <p>Self-Care Sunday (Sunday, September 27th)</p>		<p>Post something you've been doing to keep up with yourself during quarantine. Tag The Valerie Fund and use hashtag #BecauseofValerie!</p> <p><i>Winner - Receives a self-care kit from Amazon! (Value - \$25)</i></p>
<p>M</p> <p>Motivational Monday (Monday, September 28th)</p>		<p>Post your favorite affirmation, meditation video, or anything that motivates you to start the day! Tag The Valerie Fund and use hashtag #BecauseofValerie!</p> <p><i>Winner - Receive a set of cards with inspiring affirmations from Amazon! (Value \$20)</i></p>
<p>T</p> <p>Tutorial Tuesday (Tuesday, September 29th)</p>		<p>Post a video highlighting a talent you're proud to share. Whether it's cooking, or playing an instrument. Give some tips on how viewers can do the same! Tag The Valerie Fund and use hashtag #BecauseofValerie!</p> <p><i>Winner - Your video will be featured on our social media and you will receive two additional chances to win our gift basket!</i></p>
<p>W</p> <p>Why We Walk Wednesday (Wednesday, September 30th)</p>		<p>Post a team photo on social media, share your team story in the caption, and tag The Valerie Fund, and use hashtag #BecauseofValerie!</p> <p><i>Winners - Top 5 compelling stories will be featured in our blog!</i></p>
<p>T</p> <p>Thoughtful Thursday (Thursday, October 1st)</p>		<p>Give a shout-out to another Valerie Fund family, walk team, or runner! Tag The Valerie Fund and use hashtag #BecauseofValerie.</p> <p><i>Winner - Your shout-out will be featured on our Instagram story.</i></p>
<p>F</p> <p>Flex Friday (Friday, October 2nd)</p>		<p>Post a photo or boomerang of you flexing after your 5k run or mile walk. Or even after your daily workout! Tag The Valerie Fund and JAG-ONE Physical Therapy!</p> <p><i>Winner -JAG-ONE swag - water bottle, towel!</i></p>

