High Sierra AHEC Instagram Takeover



What:

Refer to the 8 dimensions of wellness. How are these dimensions displayed in your life or your community? We want YOU to capture this with a quick, single photo/short video/live video for at least 3 of the areas of wellbeing.

How:

- Follow us on Instagram: @HighSierrAHEC
- When it's your week to take over, login: <u>highsierraahec@gmail.com</u> ahec16
- At the start of your week, make an introduction post that you'll be representing AHEC! Use your first name, identify yourself as an Ambassador, and have fun!
- Create 3 posts throughout the week.
- NOTE:
 - In your caption section, tell us where you are and what dimension it represents. For example, UNR, representing financial wellness.
 - Tag yourself! Share on your personal page if you want.
- AHEC Hashtags:
 #AHECSA #AHECAmbassador #AHEC



