FOR IMMEDIATE RELEASE
NOVEMBER 20, 2017

Win $500 for charity on #GivingTuesday by posting your #HealthySelfie with Community Health Charities.

Post a #HealthySelfie photo before midnight Eastern Time on November 28, 2017 for a chance to direct part of $1,000 to charity.

ALEXANDRIA, VA — Thanks to a generous donor, Community Health Charities is giving away a total of $1,000 to three winners to direct to their favorite health charities to build stronger, healthier communities on #GivingTuesday and all year long.

To enter, post a #HealthySelfie photo doing something to improve health—eating a healthy snack, using Community Health Charities' **health resources**, hitting the gym, volunteering or giving to make your community healthier, playing with your dog or family at the park or taking a mental health break.

Share your #HealthySelfie on **Facebook**, **Twitter**, and **Instagram** and tag @HealthCharities, #GivingTuesday, and #HealthySelfie. A different winner will be chosen on each platform, based on engagement. The winner on Twitter will be able to direct $500 to a charity partner of their choice; winners on Instagram and Facebook will be able to direct $250 each. View details **here**.

For more ideas on giving, volunteering and raising awareness, check out "**6 ways to give back this #GivingTuesday**." Or, **donate** to support your favorite health cause.

About Community Health Charities
Community Health Charities is a nonprofit that raises awareness and resources for health and wellness by connecting more than 2,000 of the most trusted health charities across the United States with more than 17 million caring employees through workplace giving campaigns and giving opportunities, causes, wellness programs, employee engagement and volunteering, and strategic partnerships. Health has never been such an urgent priority: 77% of U.S. workers suffer from at least one long-term health condition, ranging from cancer to asthma – chances are someone you know is affected. For more information, visit **healthcharities.org**, follow @HealthCharities on **Twitter** or **Facebook**, or call 1-800-654-0845.

Media contact:
Amanda Ponzar
aponzar@healthcharities.org
571.302.9171