

# RUHS SPIRIT WEEK

## Selfie Contest

**DON'T FORGET TO DRESS UP, TAG, AND POST!**

**MAY  
13-17**



**#TEAM RUHS  
MONDAY**  
Wear blue,  
orange, purple,  
and lime green



**TOURIST  
TUESDAY**  
Wear your  
favorite  
Hawaiian  
shirt



**WESTERN  
WEDNESDAY**  
Wear your  
favorite  
Western  
apparel



**THROWBACK  
THURSDAY**  
Dress up in  
your favorite  
decade



**FAN  
FRIDAY**  
Wear your  
favorite  
sports team  
apparel

## Win a RUHS Beach Bundle!

Includes: beach tote, beach towel, beach mat, bluetooth speaker, pickleball set, and stainless steel tumbler!



### SUBMISSION INSTRUCTIONS

- Dress up and snap a selfie.
- Submit your selfies on the TEAM RUHS Blog, click here: <https://www.teamruhs.org/activities/ruhsweek24>
- Don't forget to post! #RUHSWeek
- Please use good judgment when posting; RUHS reserves the right to disqualify any photos deemed inappropriate.
- *By submitting a selfie, I grant Riverside University Health System permission to use my photograph in any and all of its publications without payment or any other consideration.*

### RULES AND REGULATIONS

- Contest runs from May 13 through May 17, 2024, 6:00 am to 8:00 pm daily.
- Employee must submit selfie by 8:00 pm each day. Daily winner will be chosen and announced on Team RUHS Blog, [www.teamRUHS.org](http://www.teamRUHS.org), the following day @ 10:00 am. One submission per employee per day.