



🌟 Challenge 2: #BestTips

🎉👩🏻‍⚕️📱 Happening from Sept 10 – Oct 10, 2025 across TikTok, Instagram, and Facebook. Open to ALL SoCAL nurses, members, and non-members.



📱 How to Join the Challenge 5 Easy Steps

Share your best nursing, wellness, or life tip 💡 — something that inspires, motivates, or helps others thrive!

Examples: stress hacks, study tips, bedside wisdom, self-care practices, or uplifting reminders.

Post your video or photo on TikTok, Instagram, or Facebook (public).

Use #PNASCWLA10 + #BestTips

Tag PNASC WLA + 3 friends/nurses.

Say a bonus line like:

- “Here’s my best tip—share yours at the PNASC WLA Gala, Nov 8 at Hilton Universal!”



🌟 Challenge 2: BestTips Challenge
Share your best nursing, wellness, or life tip

🏆 What You Can Win

🌟 1 Winner per Challenge: 🎟️ Free Gala Ticket + 🌟 Honored at the Gala + 📸 Featured on PNASC WLA socials & website

📺 Consolation: \$20 Starbucks or Amazon gift cards

💙 Sponsored by President Diane

Get your tickets to the gala Nov 8, 2025 Hilton Universal
@mypnasc.org

👉 “Not yet a member? Join PNASC WLA today and be part of the legacy!”