

# **HERO POSE: When do you feel most like a hero?**

**Share a photo, anecdote or video that showcases your contributions, challenges, or triumphs that make you a surg tech!**

**Use hashtags: #HeroPose, or #UnsungHeroes AND #NSTW2023**

**Post to your feed for a chance to win NSTW swag!**





**SOCIAL MEDIA**

# ***CONTEST***

FOLLOW THE STEPS BELOW



***SNAP***

Take your  
photo/video for  
Instagram or  
Facebook



***POST***

Post your "Hero  
Pose" or "Unsung  
Hero Advice"



***TAG***

Tag with  
#UnsungHeroAdvice  
or #HeroPose and  
#NSTW2023

**CONTEST CLOSES**

***SEPTEMBER 27***



# **UNSUNG HERO ADVICE!**

Share your tips, tricks, and insights for success in the operating room using **#UnsungHeroAdvice**. Help guide the next generation of unsung heroes!"

Use hashtags:  
**#UnsungHeroAdvice**, or  
**#UnsungHeroes AND**  
**#NSTW2023**

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