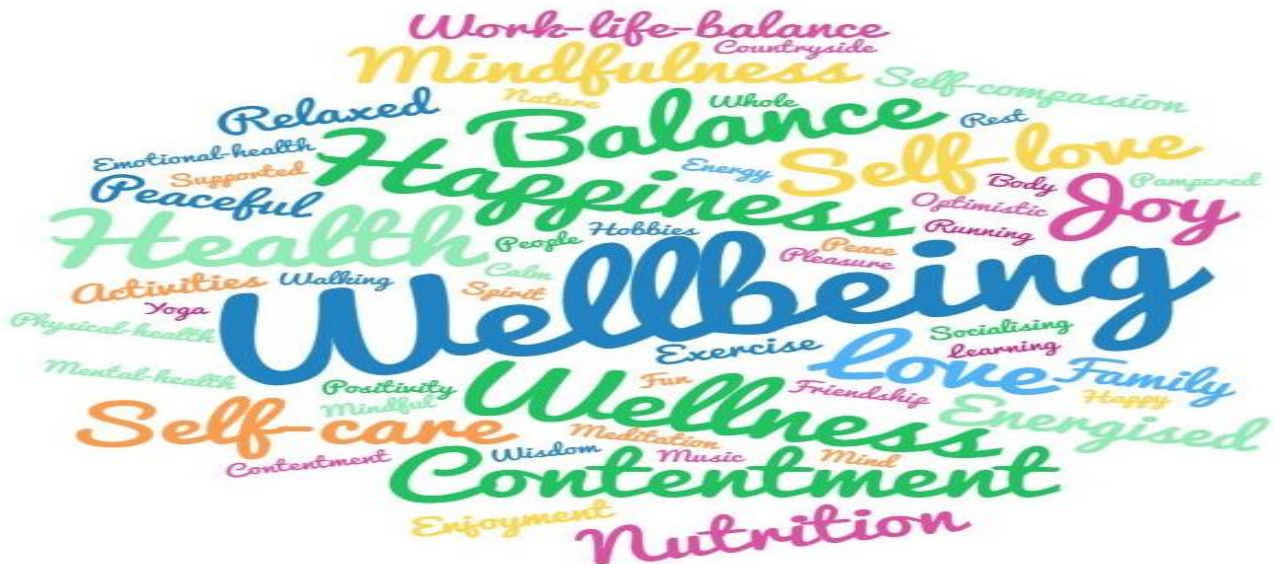




Eating healthy and exercise are the fundamentals for a **healthy body**. While it is important to maintain good physical health, research has shown that a **healthy mind** is just as important on how we feel and how well we function mentally, emotionally and physically. Draw how nutrition, relaxation, maintaining an active lifestyle, and/or having a social and emotional connection with others around you (e.g. family, teachers, other school staff and friends) helps to maintain a balanced **Healthy Body** and **Healthy Mind** during this COVID-19 pandemic.



- Each participant will be given a Certificate of Participation.



**Winning Prizes**

\$20.00 value California Mart Gift Certificate  
\$20.00 value Pay-Less Gift Certificate  
\$20.00 value Cost-U-Less Gift Certificate

\$20.00 value Burger King Booklet  
\$10.00 value California Mart Gift Certificate

\$15.00 value Wendy's Gift Card  
\$10.00 value Onedera Store Gift Certificate

The top 3 overall winners from each school level will also have their posters posted on the GDOE website and Facebook page.

