

# WELLNESS PHOTO CONTEST

Capture a picture of yourself or family members participating in a wellness activity, for a chance to win great prizes!

Whether it's healthy eating or participating in recreation or leisure activities.

*Capture the wellness and you all can win!*

**Contest runs until:**

**Submit pictures by:**

**Submit pictures to:**

**Prizes:**

**I CHANGE**

**WORKING TOWARD  
Wellness**  
LIVE BETTER • LIVE LONGER

 **HEALTH  
Action  
en santé**  
WINDSOR-ESSEX

 **WINDSOR • ESSEX COUNTY  
HEALTH UNIT**  
Unité sanitaire  
de Windsor-comté d'Essex  
WINDSOR • ESSEX • LEAMINGTON  
www.wehealthunit.org