



— ENTER NOW! —

We will be selecting **ONE WINNER** in each of the following categories:

- Most Impactful
- Most Creative and Original
- Best Use of Messaging
- Honorable Mention

RULES AND GUIDELINES:

- Videos should showcase tips and advice on how to stay healthy in areas such as nutrition, physical or mental health. We want to know how you live as a “Wellness Warrior” in your everyday life through creative storytelling, statistics, personal experiences, etc.
- Videos must be between 45-60 seconds long
- Students can work in groups or individually
- Your school’s PTO/PTA could win \$2,000!

QUESTIONS:

Rebecca Kelly, *Director of Strategic Partnerships*
Rkelly2@capitalhealth.org



Look for the official contest rules and entry form online at:
capitalhealth.org/healthystudents



The 2024-2025 “Wellness Warriors” PSA Video Contest runs from November 1, 2024 through March 28, 2025, and is only open to students who attend the following public middle schools in these Pennsylvania and New Jersey school districts: Pennsbury; Council Rock; Neshaminy; New Hope-Solebury; Hamilton Township; Hopewell Valley Regional School District; Trenton; Ewing; Lawrence Township.