



*enter the*

## 2020 Healthy Heart Art Contest!

Students in PreK - 5th grades are invited to participate in this year's Healthy Heart Art Contest! Simply name three ways you and/or your family can be heart healthy. Then draw a picture of you doing one or all of the heart healthy habits and turn it into your teacher or the hospital by **Friday, February 7th.**

Need some ideas? Here are a few:

- Exercising
- Healthy food choices
- Playing a sport
- Or anything else! Make it colorful, creative & use your imagination!
- Getting a check-up at the doctor
- Saying no to drugs, alcohol, and cigarettes

**Winners will be announced Thursday, February 13th.**

**Teachers with the highest class participation will also win a prize!**

**A FEW OTHER DETAILS:** By submitting your drawing, you grant Cogdell permission to display your artwork with your name in public areas of the hospital and clinic, our website, and or social media.

Good luck, from all of us at Cogdell Memorial Hospital.

For questions email [cmh.tcamp@cogdellhospital.com](mailto:cmh.tcamp@cogdellhospital.com) or call (325) 574-7238.



2020



Artist's Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Name 3 ways you and/or your family can be heart healthy

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Draw a picture of you doing one or all of the heart healthy habits!

