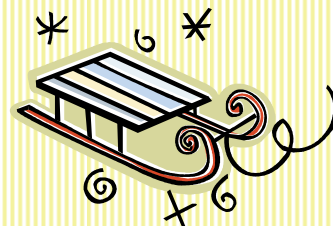




STAY STRONG WINTER LONG

Brought to you by our RSU 20 Wellness Committee



From January 1st through February 28th

Log 20 hours of exercise over two months to help earn your school bragging rights as the Healthiest Staff in RSU 20!

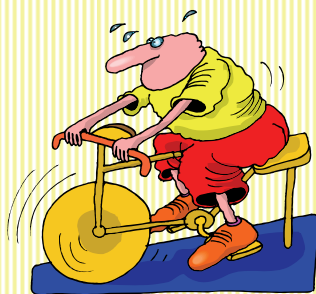
Individuals from winning school enter to win a \$25 gift card of your choice!

How To Play:

- Sign up by emailing your Wellness Committee Champion by January 1st. Schools who do not have a Wellness Champion can email Linda Hartkopf.
- Use the attached Log. Sign your name to each month & log your hours & activities.
- In order for your school to be considered for challenge you MUST return your completed log to your Wellness Champion or Linda Hartkopf no later than Thursday, March 6th. Winning school and individuals will be announced Friday, March 7th. There will be a total of 8 drawings (5 from winning school / 3 from all participants) * Note: individuals can donate winning to a local organization.
- Winning school receives RSU 20 Healthy Staff Healthy School banner to hang in your school and bragging rights for the remaining school year. Winner based on percentage participation.
- Earn extra points for incorporating school wide activities and healthy staff snacks! A chart will be posted in your school to record events.

Questions? E-mail or Call

Linda Hartkopf
338-3320 ext:137



Gift Card Choices:

Belfast COOP
 EBS
 CURVES
 Belfast Dance Studio
 Barbara Cook - Massage
 Bell the Cat
 The Barefoot Storyteller
 Left Bank Books