POSTER CONTEST

AS A FILIPINO YOUTH, WHAT DOES BEING MENTALLY HEALTHY MEAN TO YOU?

CONSIDER:
- EMOTIONAL WELLNESS
- CAREER WELLNESS
- SOCIAL WELLNESS
- SPIRITUAL WELLNESS
- PHYSICAL WELLNESS
- FINANCIAL WELLNESS
- INTELLECTUAL WELLNESS
- CREATIVE WELLNESS
- ENVIRONMENTAL WELLNESS

TO ENTER*:
1) GET A POSTER TEMPLATE FROM MR. MATT LEDESMA
2) DECORATE THE TEMPLATE USING BLUE, YELLOW, RED, AND/OR BLACK MARKERS.
3) WRITE YOUR NAME AND EMAIL ON THE BACK.
4) RETURN YOUR POSTER ENTRY TO MR. LEDESMA’S MAILBOX BY APRIL 15, 2016

PRIZES:
1ST PLACE - $50 GIFT CARD
2ND PLACE - $25 GIFT CARD
3RD PLACE - 2 MOVIE TICKETS

MUST BE A SSFHS STUDENT TO ENTER

WINNERS WILL BE ANNOUNCED ON APRIL 22, 2016 ON THE DAILY VIDEO ANNOUNCEMENTS.
QUESTIONS? CONTACT FMHISMC@GMAIL.COM OR FACEBOOK.COM/FMHL.SANMATEOCOUNTY