

Turn It Around Prevention Photo Contest

In honor of prevention month, we are asking all Turn It Around members to participate in our “Prevention Photo Contest.” We would like each of you to take a photo of something that, in your opinion, represents healthy ways to manage stress, other than using substances.

What you take your photo of is up to you.



You may have your friend ride their bike and take a picture of that to represent a healthy activity that you can do instead of using.



Or, you could take a picture of a basketball or paint brush or some other object that reflects a way to relieve stress.

Finally, you could take a picture of interactions and/or activities you see that represent healthy behavior.



CSAC staff will vote on **1 winner** and **2 runner-ups**. The winner will get a **\$100 Visa gift card**. All 3 finalists will get a **free dinner**.

Instructions

1. Using your phone, take a picture of something that represents substance use prevention in YOUR OPINION. This can be anything, as long as it's appropriate.
2. Text the photo to Krista at 781-835-0470 by Friday September 30th
3. Krista will add the photos to the Turn It Around and CSAC Facebook page
4. CSAC staff will vote for our top three favorite photos and print large copies of the photos
5. Winning photos will be displayed around Charlestown, on social media, and in our new newsletter throughout October for Prevention month



DUE FRIDAY SEPTEMBER 30th!