

DESIGN IT. RUN/WALK IN IT.



Corporate Cup T-shirt Design Contest!

sponsored by
Healthy Directions

WIN A \$50
VISA GIFT
CARD!

On your marks, get set, design!

- Choose 1-3 colors
- Design format: 8 1/2" x 11"
- Your design can be created for either the front or the back, but the Healthy Directions logo must appear on the upper left pocket area on the front. (It can be outside of the 8 1/2" x 11" design).
- You can choose any color short sleeve shirt.
- No shadows in your design, please.
- If you'd like your design to be submitted to the annual American Lung Association's Corporate Cup T-shirt contest, just add the American Lung Association logo (attached) and we'll forward it on to them.
- Add a catchy phrase if you like!
- Your design can be submitted on paper or as a pdf file.
- Submit your designs to Kathy Goodman, Room 505 in the Civic Center; kathy.goodman@douglascounty-ne.gov or Jennifer Beisheim, Specialized Services at the Health Center; Jennifer.Beisheim@douglascounty-ne.gov
- Deadline is August 16th, noon. A design will be chosen by the Healthy Directions Committee on August 17th.

This information can also be found on our website:
www.douglascounty-ne.gov/wellness

The race is September 19th! Register by contacting
Kathy Goodman at kathy.goodman@douglascounty-ne.gov,
444-6099 or Dennis Rookstool at
Dennis.Rookstool@dctreasurer.org, 444-7503.

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AMERICAN LUNG ASSOCIATION.

