



THE 2015 OMAHA CORPORATE CUP RUN IS SEPTEMBER 13TH.



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Everyone who submits a design gets a \$10 Subway card!

Design the Healthy Directions Team T-shirt and get a \$10 Subway Card and a chance to win a \$75 VISA gift card!

- Choose 1-3 colors.
- Design format: 8 1/2" x 11"
- No shadows in your design, please.
- Submit your design as a pdf file. No paper entries, please.
- E-mail your designs to Kathy Adair at kathy.adair@douglascounty-ne.gov.
- 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).
- Need the Healthy Directions logo? E-mail Connie Lehman at connie.lehman@douglascounty-ne.gov and she'll e-mail one back to you.
- Choose a color for a short sleeve shirt. Let's keep it bright this year!
- Add a catchy phrase if you like!
- **Designs will be accepted July 15 - August 12.** A design will be chosen by the Healthy Directions Committee August 18th.
- Only Douglas County employees are eligible to submit designs.



Commit To Be Fit

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