



HEALTHY ME, DRUG FREE POSTER CONTEST 2024

Dear Teachers,

The Ohio State Chiropractic Association is excited to announce the 2024 “Healthy Me, Drug Free” poster contest. The OSCA contest is open to all Ohio students in grades 4-9 during the month of September.

The purpose of the contest is to raise awareness about Ohio’s Drug Free Pain Management Month, which occurs every September. We want students across the state to show us how they live a healthy lifestyle while being drug-free.

There are many creative ways students can participate. They can highlight a favorite healthy activity or lifestyle choice that helps keep them drug free (hobbies, sports,). Students can also show the benefits of living a drug-free lifestyle - keep mind and body healthy; obey the law; stay safe; maintain friendships, do well at school, etc.

Posters will be judged in two grade level categories: Grades 4-6 or Grades 7-9. Awards will be given for each grade level category. This contest will award a \$250 Amazon gift card to the winning student and a \$250 Amazon gift card to the winning teacher’s classroom.

Please call or email osca@oscachiro.org to let us know your school is participating.

- **Posters are due to the OSCA office 4:30 pm on Tuesday, Sept. 24, 2024 Posters can be submitted via mail to 172 E State St. Suite 502, Columbus, Ohio 43215 or electronically to osca@oscachiro.org.**
- **Students must complete an entry form (with parent signature) and tape it to the back of their poster (or included in their electronic submission) for their entry to be counted. Forms are available in this packet and at www.oscachiro.org. Please include the name of the teacher participating in the contest on the entry form. Rules and guidelines for the contest are available in this packet and on our website.**

The top-placing poster will be featured on the OSCA Facebook page and in our member magazine, On Target. The OSCA may also feature the poster’s image on its website and in future marketing campaigns. **The top poster winners and schools will be notified by October 21, 2024.**

Thank you for your participation in this fun and educational event! Remember – Healthy Me, Drug Free!

Sincerely,

