

Family and Individual Development

Contest 2023-2025

Self - Care

This contest is designed to nurture Self-Care Mental Health, Pampering Self and Strengthening Families and Community by making connections with family, friends, Partners, and neighbors. Taking time to engage in self-care alleviates some of life's daily pressures.

This contest is to engage you and others with meaningful day trips.

RULES:

1. Trips must be taken July 1 through February 28.
2. Day trips with a minimum of 3 separate trips.
3. Must visit any of the following places; Kentucky or National Park, Museum, Monument, Historical Site such as a church, home, graveyard or any state capitol.
4. Provide details of each place visited with how many went on the trip, why the place was selected, and the most memorable experience the group had.
5. Maximum of 5 pages that include pictures and news articles. All 3 trips must be in this 5 pages.
6. Entry must be bound.

All entries must include:

- cover sheet found in KEHA Manual, Appendix 1
- must be bound
- postmark by March 1
- no email entries
- mailed to:

Amelia Godfrey
625 Main St. Apt. 102
Paintsville, KY 41240

Questions may be directed to Amelia at 931-561-8012 or Meme6968@yahoo.com.

Awards will be distributed at the KEHA State Meeting. First place will receive a gift card. Second and third place will receive a certificate.