



Medical Supplies For Care At Home Since 1957

PHOTO CONTEST



Show Us Your Healthy Habit



for a chance to win a

 fitbit flex™

Wireless Activity + Sleep Wristband



2 Easy Ways to Enter:

-  Like us on Facebook and post your healthy habit photo at facebook.com/shieldhealthcare
OR
-  Email your photo to rd@shieldhealthcare.com

Contest runs through 3/31/15
See reverse side for full details!

Celebrating National Nutrition Month® | March 2015



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Contest Details:

Send us a photo showing how you bite into a healthy lifestyle with a healthy habit. Photos may be food- or physical activity-related. Entries must include your name and a brief description of the healthy habit photo.

Visit facebook.com/shieldhealthcare to “Like” the page and post a photo for a chance to win a Fitbit Flex! Not on Facebook? Simply email your photo to rd@shieldhealthcare.com

All entrants will be entered in a drawing for the grand prize. Three winners selected in the drawing will receive a Fitbit Flex Wireless Activity and Sleep Tracker. Contest winners will be announced on Shield HealthCare’s Facebook page on 4/10/15. Contest runs 3/1/15 through 3/31/15. One photo entry per person, please.

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This year’s theme, “Bite into a Healthy Lifestyle,” encourages everyone to adopt eating and physical activity habits that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

