

# Contest

# Poster & Video



We invite you to create a poster, video, TikTok, or reel (one minute or less) to fit this year's theme.

Submitted projects will be used to encourage students during our 2023 Wellness Week from May 1-5th.

## 2023 Theme

"We All Struggle & It's Okay to Ask for Help"

## Deadline

May 1st, @ 11:59pm

Email entries to: [buildingbridges@tusd.org](mailto:buildingbridges@tusd.org)

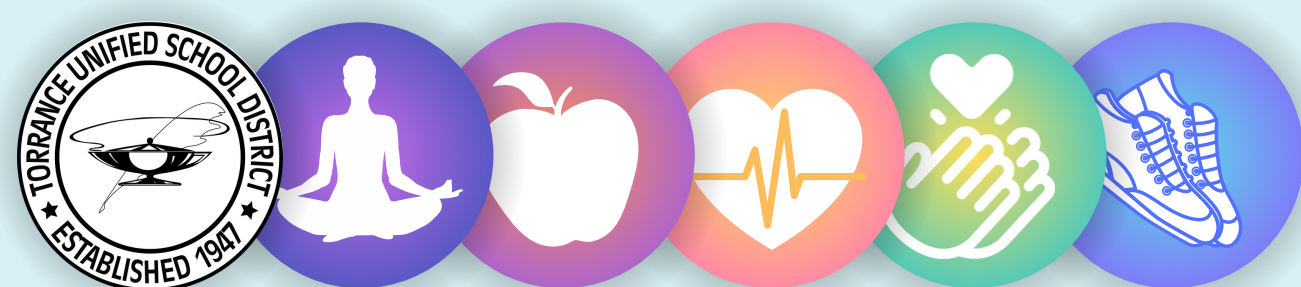
## Prizes

**1st:** Fuji Film Instax kit, Wellness Swag Bag

**2nd:** Fire Tablet, Wellness Swag Bag

**3rd:** Art Kit, Wellness Swag Bag

For more information visit: [WellnessWeek.tusd.org](https://WellnessWeek.tusd.org)



**WELLNESS WEEK**

#TUSDWellnessWeek  
#WeAllStruggle  
#ItsOkaytoAskforHelp

**May 1-5, 2023**