

WELLNESS CHALLENGE

Show us your version of wellness!

Create a short video showing us your wellness routine or ways that you are keeping healthy! Videos should be no longer than 1 minute, and be school appropriate to be entered. All entries submitted before **May 31st** will have a chance to win a **\$50 Amazon gift card!** Have fun with it and be creative!

Share/tag your video with @BRSDMHCB on tiktok, with @brsdmhcb on Instagram, or with the hashtag #BRSDmyversionofwellness to enter!

