



## Theme

Donate your **original** art that promotes and inspires healthy living. **Entrants must complete the attached Entrant Release Form, which must include an artwork title and inspiration statement, of not more than 150 words, on how the art communicates that message to viewers. We cannot accept art that features a trademarked logo or features individuals other than the artist. Art that does not follow these instructions will be disqualified.**

The following are suggested themes. **If desired, artists may enter one piece of art for each theme** (up to 12 entries per person).

Health Promotion Theme	Detail
Tobacco Reduction	What can people do instead of smoking? What would that look like?
Sexual Health	What images would suggest ways to show respect and love for your partner to keep them safe and healthy?
Nutrition	Eating healthy foods. What does healthy eating look like?
Oral Health	Healthy Smiles. How can we maintain oral health?
Safety	Injury Prevention. What does keeping ourselves safe at home and/or on the land look like?
Environmental Health	What does healthy land and air look like? How do healthy public spaces look?
Physical Activity	What does healthy physical activity look like?
Immunization	How can we protect ourselves from illness? How might that look?
Substance Use Awareness	What images promote awareness of substance use and abuse?
Infection Prevention & TB Awareness	How can we prevent the spread of illness?
Mental Health	What does positive mental health look like? How can we support each other to maintain mental health?
Healthy Families	Healthy Families. What do healthy families look like? What might they be doing?

## Art Medium

Two-dimensional artwork will be accepted. It may be a painting, drawing, or mixed media creation on canvas or paper. Please do not submit glass or fragile media.

## Size & Finishing

Horizontal or vertical art **must not be smaller than 8.5" x 11"**.

## Judging Criteria

- Artist's interpretation and ability to visually communicate a message of healthy living to the viewer
- Creativity, technical skills and craftsmanship
- Ability to communicate a compelling inspiration statement

## Prizes

A panel of 4 judges with expertise in arts and/or healthcare will select winning entries. Winners in each age category will receive gift certificates for a Northern or Co-op store of the entrant's choice in the following amounts: First prize \$300; Second prize \$200; Third prize \$100; Honourable Mention \$50.

## Submit your entries directly

If you live in Iqaluit, your entry may be delivered directly to the Embrace Life Council office on the first floor of the W.G. Brown Building. **Ensure you include your signed release form.**

If you choose to ship by mail, please send all entries (do not fold), **including signed release form**, to:

Embrace Life Council Art Contest  
P.O. Box 2259  
Iqaluit, NU  
X0A 0H0

If you have any questions or require more information, please contact us at [embracelife@inuusiq.com](mailto:embracelife@inuusiq.com) or 867.975.3233.