

# ★ SLEEP WEEK ★

## PHOTO CONTEST CHALLENGE

Tuesday, February 19 - Friday, February 22

*Send in a photo of your family's tech charging station and be entered for a chance to win one of our prizes!*

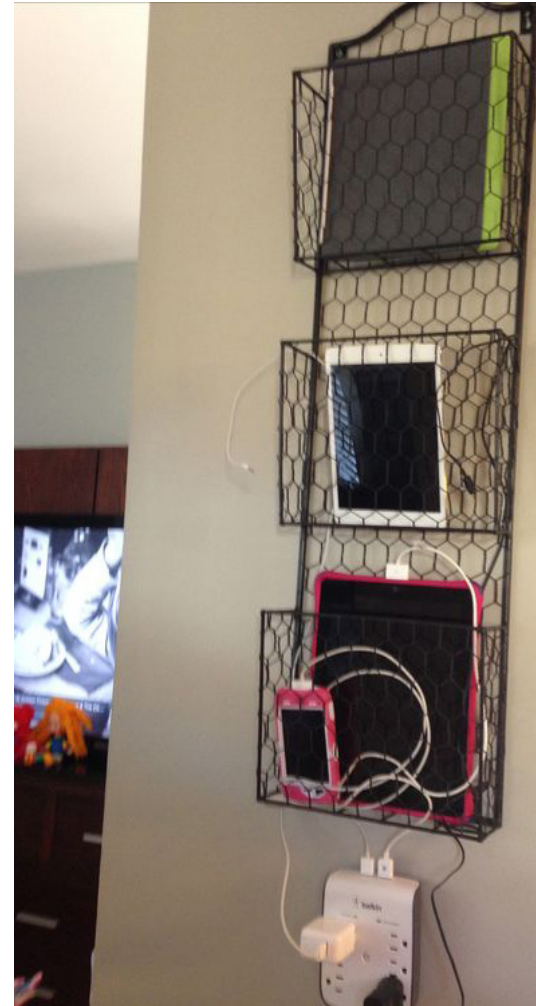
### CONTEST RULES

1. Take a photo of your family's charging station
2. Send the photo with your name, email and phone number to **dominique.pouliotte@vch.ca**  
Or, post them on Facebook and tag **Foundry North Shore**, or on Instagram tagging **Foundry\_NShore**

Photos may be sent from February 19 - 22

Send in a different photo every day to maximize your chances of winning!

*Please note that photos may be posted on our social media accounts.*



### ★ HELPFUL TIPS ★

- Charging stations set up somewhere outside of bedrooms are a great way for cell phones and other technology to be kept away from interfering with our sleep.
- No need for a fancy or expensive station – any area that you've set up to gather your tech in will do!

