

# Introducing the 2025 Tribal Option: “Eat Well, Play Well, Stay Well” Billboard Design Contest!



EBCI TRIBAL OPTION

## Artwork Prompt:

What does “Eat Well, Play Well, Stay Well” mean to you? For example: this could be playing your favorite sport, your favorite foods, etc.!

## Contest Rules:

- Open to kids aged 5-18
- Artwork must be submitted by **AUGUST 11, 2025**
- Submissions must be Original Artwork created on an 8.5x11" paper (normal paper size- to ensure clearer graphics)
- Submissions and Submission Sheet must be emailed to email below or brought to the executive office at Cherokee Indian Hospital Authority. Please scan in your drawing and attach it to your email if submitting by email.

THE WINNERS ART  
WILL BE DISPLAYED  
ON A TRIBAL OPTION  
EAT WELL, PLAY  
WELL, STAY WELL  
BILLBOARD!

SCAN QR  
CODE FOR  
MORE INFO &  
SUBMISSION  
SHEET



Email:

**Lakota.grindstaff@cherokeehospital.org**  
to submit or with any questions!



DEADLINE EXTENDED TO  
AUGUST 11, 2025



# EBCI TRIBAL OPTION

## **“Eat Well, Play Well, Stay Well” Billboard Design Contest Submission Sheet**

Sgi ʌʌ, Thank you for your submission in the contest!  
We are so excited to see your beautiful artwork!

### **Artwork Prompt:**

**What “Eat well, Play well, Stay Well” means to you! For example: this could be playing your favorite sport, your favorite foods, etc.!**

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- Open to kids aged 5-18
- Artwork must be submitted by August 11, 2025
- Submissions and Submission Sheet must be emailed to [lakota.grindstaff@cherokeehospital.org](mailto:lakota.grindstaff@cherokeehospital.org) or brought to the executive office at Cherokee Indian Hospital Authority (1 Hospital Rd. Cherokee, NC 28719.) Please scan in your drawing and attach it to your email if submitting by email.

### **Submission Form:**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Community:** \_\_\_\_\_

**School/Grade:** \_\_\_\_\_

**Description of what “Eat Well, Play Well, Stay Well” Means to you:**

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**Parent/Guardian or Teacher Signature (if Under 18 Years Old, if 18, please sign your name):**

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