



## **Healthy Lifestyle Ambassador Awards**

**Do you know someone who deserves to win the  
West Coast Healthy Lifestyle Ambassador Award for 2018?**

**Ideal nominees will have made significant lifestyle changes and/or positively influenced others.**

**Nominees should also live a healthy lifestyle i.e.**

- ✪ Exercise regularly
- ✪ Be Smokefree
- ✪ Eat healthily
- ✪ Manages stress well
- ✪ Encourages others to follow good health options

**As the nominator, please write a paragraph or two on why you think this person should receive this award.**

**\$200 voucher to be won in each region.  
Buller, Grey, & Westland**

**Nominate by contacting:**

**Anne Hines**

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**Nominations close Friday 27<sup>th</sup> July at 5pm.**