



A BOOKMARK CHALLENGE FOR HEALTH HEROES!



Hope the Husky needs your help! Grab your crayons, colored pencils, markers, or paint and create a bookmark that shows how you make healthy choices every day.

Maybe you eat colorful fresh foods, stay active, help others, stay safe, get good sleep, or take deep breaths when you have big feelings.

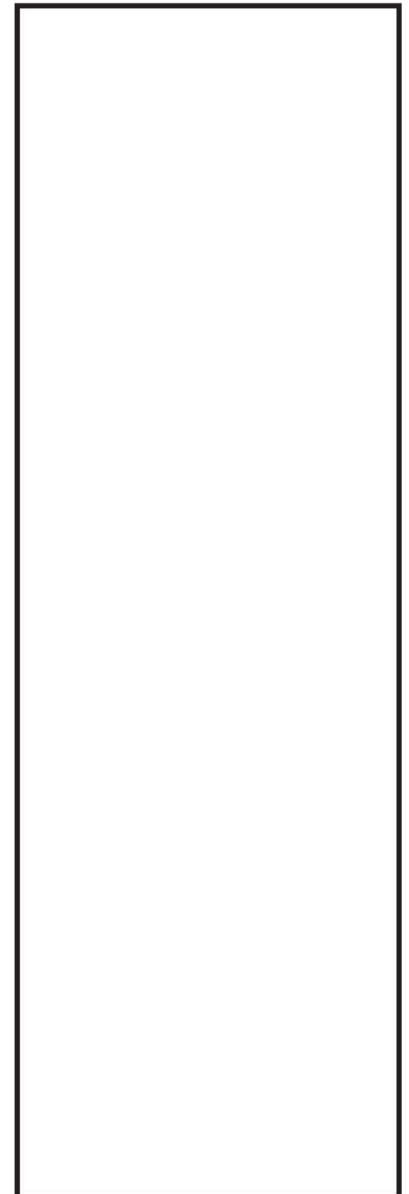
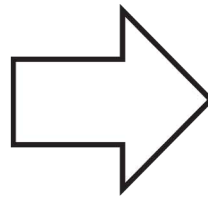
Every healthy choice is a super power.

Tell us about your artwork! How does your super power keep you healthy? _____

Full Name: _____

Grade: _____ **School:** _____

Mailing Address: _____



Submit your entries by 10/09/2026 in one of the following ways:

- **Scan your page and send an email to:**
doh.communications.team@alaska.gov
- **Drop off or snail mail to:**
Alaska Department of Health
Attn: Communications Team
3601 C St. #902, Anchorage, AK 99503