



# COLORING CONTEST

Mental Health Awareness Month

May is Mental Health Awareness Month. The Regional Medical Center (RMC) Senior Life Solutions (SLS) team is holding a “coloring contest” to raise awareness and promote discussion on mental health.

Although the Senior Life Solutions program focuses on meeting the needs of older adults, it’s important to know mental health struggles can impact anyone, at any stage in life.

This contest is open to all ages. Each individual can submit one colored picture. Pictures can be submitted by sending/routing your image to the Senior Life Solutions department or by taking a picture of your artwork and emailing it to [angie.salow@regmedctr.org](mailto:angie.salow@regmedctr.org).

Please type “SLS COLORING CONTEST 2023” in the email subject line and be sure to include the following information: First Name, Last Name, Email, Contact Information.

## **DEADLINE FOR SUBMISSION: Friday, May 26th**

*All artwork will be displayed at the SLS Open House on Tuesday, May 30th. We’ll pick a winner and a runner-up in a random drawing. Prizes awarded. SLS will contact each winner to claim their prize.*



### **OUR PROGRAM**

We are designed to meet the unique needs of older adults experiencing depression and/or anxiety.



### **ANYONE CAN REFER**

Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.



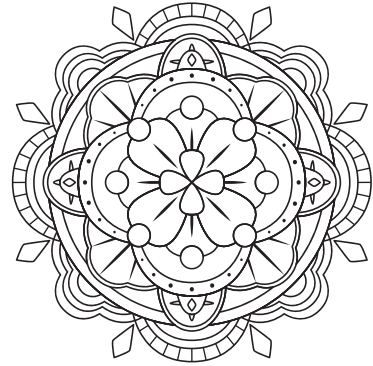
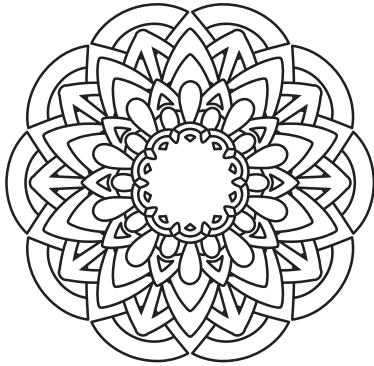
### **WE ARE DEDICATED**

We are your local mental health experts dedicated to improving the quality of life for the patients we serve.

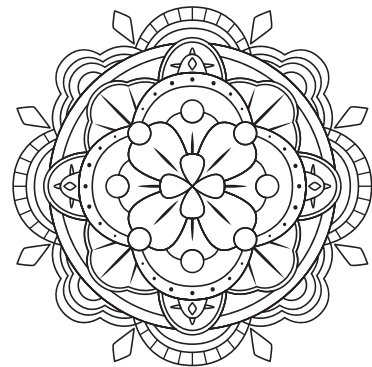
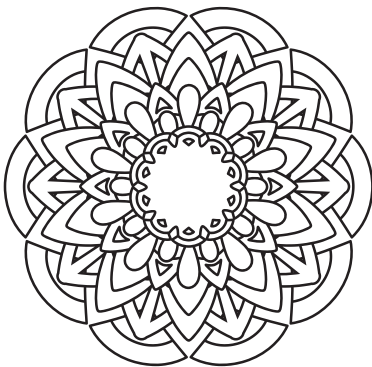
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NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_



## TAKE A DEEP BREATH



**TO ENTER:** Please route/drop-off your artwork to the Senior Life Solutions department or take a photo of your coloring artwork and email it to [angie.salow@regmedctr.org](mailto:angie.salow@regmedctr.org).

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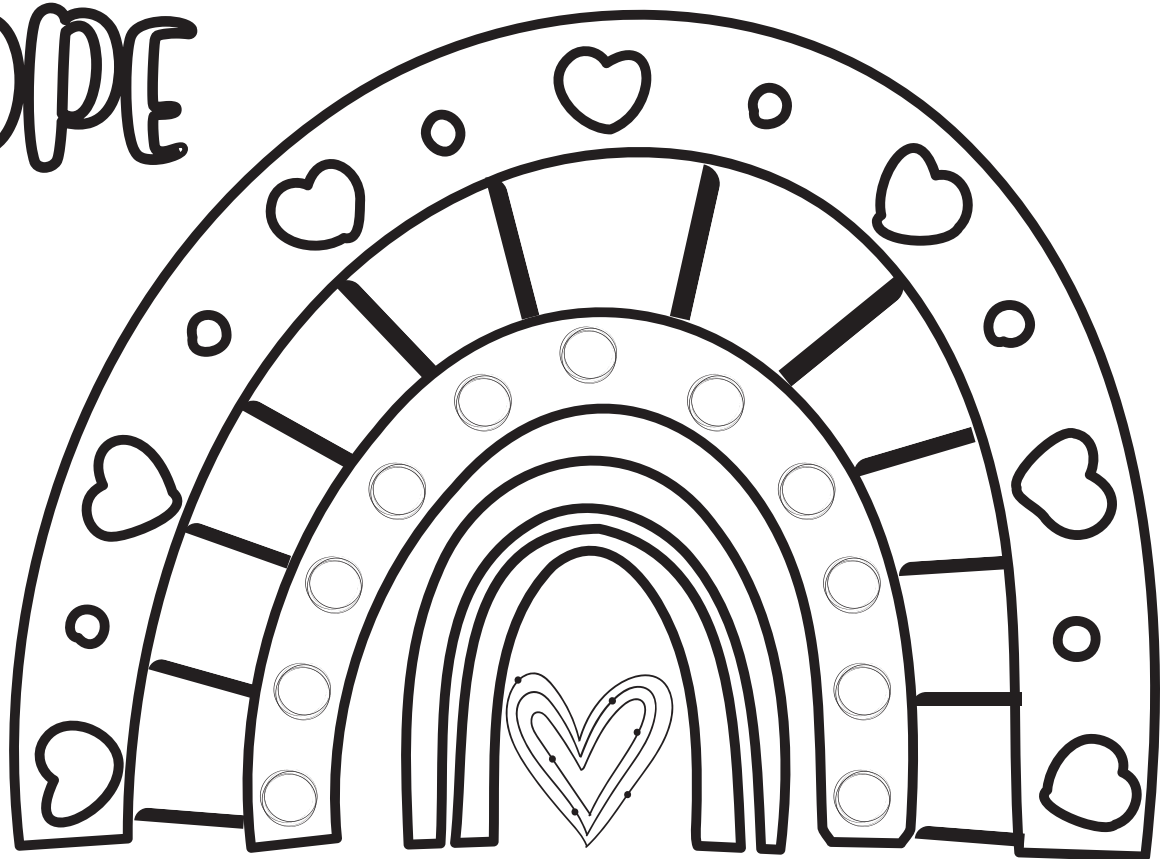


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THERE IS ALWAYS  
HOPE



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**MENTAL HEALTH  
STARTS WITH  
ME**



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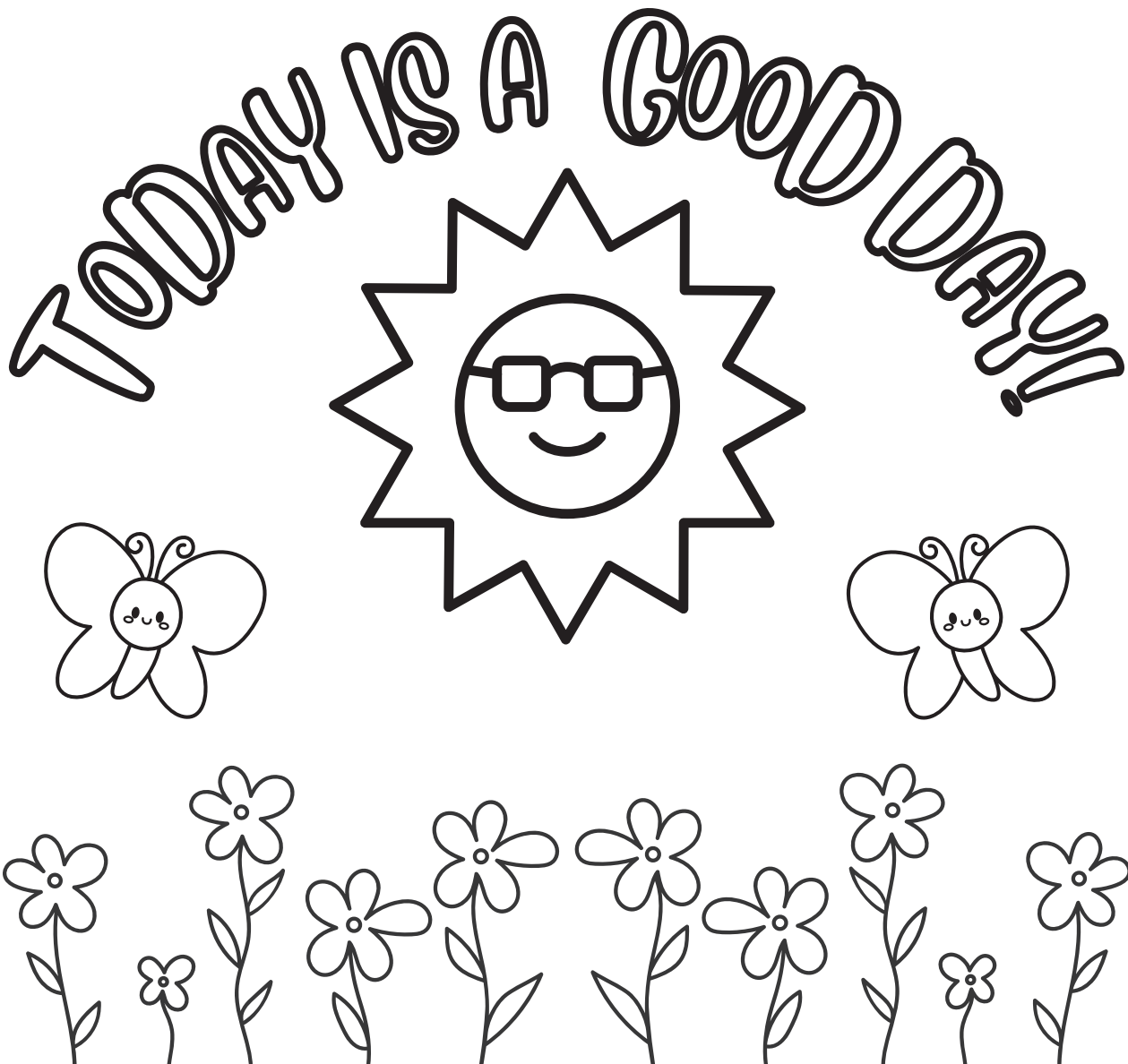
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