

**Essay due: Monday, April 21st, 2025**



## Elementary School

**Essay length:**

**200-350 words**

1st Place: \$200 gift card

2nd Place: \$100 gift card

## Middle School

**Essay length:**

**350-500 words**

1st Place: \$200 gift card

2nd Place: \$100 gift card

## High School

**Essay length:**

**400-600 words**

1st Place: \$400 gift card

2nd Place: \$200 gift card

**Scan me:**



## Contest Rules

- **Who can enter:** Students who reside in and attend Flint/Genesee County schools, including home-school, private school **Grades 5-12, and 5th year students. Winners from previous years are not eligible.**
- **Essays must be typed, or clearly handwritten** (High School typed only.)
- **Essays must include:** Student Name, Address, Email Address, Contact Phone Number, Grade, Teacher, School Name, Parent Phone Number and Email Address.

## Essay Topics

### Essay Must include:

- Your current health
- Your family's health history
- The family members you talked to

### Optional Topics:

- How you can make your life healthy
- What you learned to help you stay healthy
- Goals you have for a healthy future

## Submission/Contact

- **Email essay and questions to:**  
healthheritage@countyhealthplans.org
- **Mail/drop off essay to:**
  - Genesee Health Plan, Attn: Shannon Nemes, 2171 S. Linden Rd., Flint, MI 48532
- **Questions? Call Shannon Nemes (810) 339-6391**