

In your school, what are some of the health challenges?

- > Drinks are too sugary...
- > Not enough fruits and vegetables ...
- > Lack of sleep...
- > Not enough physical activity...

What are some of your ideas for this to change?

The College of New Brunswick family physicians invite you to get involved! Here's how:

**Step 1:** If it does not already exist in your school, recruit friends and set up a health committee.

**Step 2:** Do a little research, through surveys or simply through observation, and try to identify a health challenge for the students in your school.

**Step 3:** Find a family doctor in your community and ask what he or she thinks the health challenge in your school.

**Step 4:** Consider a project to help solve this health problem in your school and set it up. You can get help from health professionals, your teachers, the management of your school, your parents, etc.

**Step 5:** After a few weeks, evaluate whether your project has made a difference and if health is on track to improve in your school.

**Step 6:** Whether your project is a success or not, participate in our contest by completing the registration form: [www.nbcfp.ca/cpd](http://www.nbcfp.ca/cpd)

Ten projects will be selected to be the subject of a presentation to the province family doctors at their annual conference at the Crowne Plaza Hotel in Moncton Saturday, June 6 from 12:45 to 1:45 p.m.

The winning health committees will each send two students to present a poster summarizing their project. If you are chosen to present, you are responsible for your transport to Moncton, but your lunch will be provided and there will be draws.

Do not miss this chance to do a positive change for your health and that of your friends at school. Join alliance with hundreds of family physicians in New Brunswick who, like you, want to make health a priority!

Good luck!