



# BE THE BIGGEST WINNER!

The Biggest Winner is a community-wide program that will get you motivated to make healthy changes!

If you live in West Hill, Arbor Hill, or the South End, and are looking to get healthy and win prizes along the way, sign up for The Biggest Winner!

Sign-up at different agencies around the community, called portals,

or attend our **Kickoff Event** where you will receive an orientation pack that includes a calendar of events, a scoring guide, and tip sheets for health improvement. Using the events listed on the calendar, you can choose nutrition, exercise, or health care-related activities each month, and you will earn points for participating in these activities. At the end of each month, turn in your score card and you will be entered in a prize drawing! If you stick with The Biggest Winner through its entirety, you may qualify for the grand prize drawing. The grand prize winner will be announced in December 2009.

Step 3: Stick with the Program and Qualify for the **GRAND PRIZE** drawing!

Step 2: Earn Points & Qualify for Monthly Prize Drawings

Step 1: Sign up for BIGGEST WINNER at a "Portal Site"

Portal Sites will be local Churches, community organizations, and local health centers. You can also sign up by calling us at (518) 442-5779

Earn points for participating in activities in three areas: nutrition, physical activity, and healthcare

To be eligible, you must have earned enough points, and taken certain steps toward improved nutrition, physical activity and healthcare.

## Join us for the Biggest Winner Kickoff Event!

Thursday, April 23rd at Star of Bethlehem Church

(513 Clinton Avenue from 3pm- 7pm)

Are you a community organization interested in serving as a Portal Site or in hosting Biggest Winner events? Contact us for more information at

[HealthyHearts@albany.edu](mailto:HealthyHearts@albany.edu)

