



THE LONGEST DAY PHOTO CHALLENGE

THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT!®

In the week following the longest day of the year, join people from across the world in the fight to end Alzheimer's disease. This year, Kent State will honor those fighting the disease and those who love and care for them with The Longest Day Photo Challenge.

FIND IT

June 20 is the summer solstice, or the longest day of the year. Take advantage of the extra daylight this week with an outdoor scavenger hunt! Take a walk around your neighborhood, downtown or a local park and be on the lookout for the following items. Find beauty in the little things.

BIRD
FLAG
SCHOOL
BENCH
[MORE ITEMS](#)

PLAYGROUND EQUIPMENT
WRITING ON A WINDOW
TRAIN TRACKS
BLACK SQUIRREL
CHALK ART OR MESSAGE

2 WAYS TO PLAY

EXERCISE OR MEDITATE
SLEEP FOR 8+ HOURS
CALL A LOVED ONE
EXERCISE YOUR BRAIN
RANDOM ACT OF KINDNESS

DO IT

What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health. Support your brain health or let someone else know you're thinking of them by engaging in the activities below.

LEARN ABOUT ALZHEIMER'S
[DONATE](#) TO ALZ ASSOCIATION
COOK A MEAL FOR BRAIN HEALTH
HOBBY THAT USES YOUR BRAIN
WRITE A LETTER TO A LTC FACILITY

Enter to win: Find or do as many things as you'd like and snap a photo of at least 3 of the items/activities along the way. Photos can be from either category or a combination of both. Submit the photos to wellness@kent.edu or post in the [Employee Wellness Facebook Group](#) between June 21-25.