



# THE LONGEST DAY PHOTO CHALLENGE

The day with the most light is the day we fight!®

Throughout the week of June 20, 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 21 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.

THE COLOR PURPLE  
KENT STATE SIGN  
WELL HUB SPACE (IN SWRC)  
RELAX SPACE (IN SWRC)  
FLAG

ANIMAL  
TRAIN TRACKS  
BENCH  
STOPLIGHT  
CHALK ART

## 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!

EXERCISE OR MEDITATE  
CALL A LOVED ONE  
PLAY A "BRAIN GAME"  
RANDOM ACT OF KINDNESS  
DONATE TO ALZHEIMER'S ASSOCIATION

HANG WITH FRIENDS/FAMILY  
VOLUNTEER  
COOK A HEALTHY MEAL  
WEAR PURPLE  
SLEEP 8+ HOURS

Enter to win: Find or do as many things as you'd like and snap a photo of at least 3 of them along the way. Photos can be from either category or a combination of both. Submit the photos to [wellness@kent.edu](mailto:wellness@kent.edu) between June 20 and June 25.