FOR IMMEDIATE RELEASE

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**Local Middle School Students Invited to Compete for $125 Gift Cards
 in Warren Coalition Health Video Contest**

Warren County youth ages 11-14 are invited to participate in the Warren Coalition's Health Video Contest, running now through March 30th. To participate, youth need to create a 30-second (or less) video promoting one of the following four healthy habits:

* Getting Quality Sleep
* Eating Healthy
* Exercising Regularly
* Drinking Water

Participants can upload the video to [warrencoalition.org/health-video-contest](https://warrencoalition.org/health-video-contest?fbclid=IwAR2xhqs5E0sw55XYWxSLZ2EBC0SSKqF6i8LqUSASmK1XUxV1WfwPVLgctpU) between March 9th and March 30th. Winners from EACH category will receive a $125 Amazon Gift Card! Only residents of Warren County are eligible for this competition.

This event is sponsored by the Warren Coalition, made possible by Project WAHOO (Working to Achieve Healthy Outcomes and Opportunities), funded by Virginia Foundation for Healthy Youth. For questions or more information, contact Ryan Cubbage at ryan@warrencoalition.org or call 540-660-3379.

Warren Coalition is a nonprofit agency established in 1994 to help fill the gaps in health care and substance abuse awareness to the community. The Coalition began under the guidance of Warren Memorial Hospital as an outreach project, but it has since grown and was incorporated in 2001. The office is currently located in the Warren County Community Center. Their mission is to make Warren County a safe, healthy, and drug free community through many programs and in collaboration with 15+ member agencies.

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