

Join Us Today
Let's Get Connected and Stay Connected

How do you keep healthy and stay well?



Through your art, dance or song
Create pictures poems or paintings



Send your creations by email to
Get Wise about your Health
DENNEHYH@tcd.ie
For more details check out our [web page](#)



We are inviting you to stay connected while we stay at home to keep each other safe



We want to do this by sharing positive creations that show how you take care of your own health and wellbeing

Our Goals:



To stay connected with each other



Keep busy in a positive way



Lift our spirits



Share how we take care of our health

Step 1: Make your creation.

You could:



Take a photograph



Make a short video



Create a painting, drawing, sketch or craft



Write a poem



Sing or dance



Share a journal entry



Write a short story



Create a blog or vlog



Or anything else that you think of!

Step 2: Share your creation with us.

Here's How:



By Email: DENNEHYH@tcd.ie



On Twitter: [@gethealthwiseID](https://twitter.com/gethealthwiseID)
[@eithealth](https://twitter.com/eithealth)
[@eithealthcampus](https://twitter.com/eithealthcampus)



On Instagram: @tcaid2020
@eithealth
@eit_health_campus



Use the hashtag #gethealthwiseID #eithealth #eithealthcampus on Instagram and Twitter



We are excited to see your creations but please do not post them to us

When we receive your creations, we will:



Let you know that we have received your creation



Share your creations online



Display your creations on our website:
<https://www.tcd.ie/tcaid/>



You will be awarded a Certificate of Participation



We will celebrate the end of the campaign with an online social gathering

What to Remember:



You can submit as many creations as you want

Our October Theme is:



How do you keep healthy and stay well?



Send your creations by email to: DENNEHYH@tcd.ie