

The Tyrone Pharmacy Colouring Contest is here!

All children under the age of 13 are welcome to participate!

Did you know there are MANY health benefits to colouring?

Relaxes Your Brain and Improves Brain Function.

Induces Meditative State.

Improves Motor Skills.

Improves Sleep.

Improves Focus.

Reduces Anxiety.

Relieves Stress.

WIN prizes in the following age groups: (under 4yrs, 5-7yrs, 8-10yrs, 11-13yrs)

Winners will be announced on August 10th 2024.via our FACEBOOK page.

#### HOW TO START:

Pick up a colouring sheet at Tyrone Pharmacy, Tyrone Clinic OR download the colour sheet here: [www.tyronepharmacy.com/projects#colouring-com](http://www.tyronepharmacy.com/projects#colouring-com)

#### HOW TO ENTER:

Drop off the completed colouring sheet at Tyrone Pharmacy or scan and email it to [info@tyronepharmacy.com](mailto:info@tyronepharmacy.com) by July 31st! (Remember to scan both pages)

#### Contact Details

Name: \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Email  
Address: \_\_\_\_\_

Parents  
signature \_\_\_\_\_

**I hereby grant the right to use , publish and display this artwork for promotional purposes. I accept judging is final, prizes are at the discretion of Tyrone Pharmacy and no correspondence will be entered into.**