

## Healthy You Success Story

Change of any kind isn't easy, but positive encouragement can make a big difference in achieving personal goals. If you have made lifestyle changes to positively impact your health, you could be an inspiration to someone else! We would like to share your success story on the Healthy You website.

Please check the most appropriate content area that your lifestyle change relates to:

\_\_\_\_\_ Physical Activity

\_\_\_\_\_ Healthy Eating

\_\_\_\_\_ Self-Care

\_\_\_\_\_ Work-Life Effectiveness

\_\_\_\_\_ Other \_\_\_\_\_

In 100 words or less, please share your story. Please submit a photo, if available, to help personalize your story.

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

County/Department: \_\_\_\_\_

Please return to Pat Melgares ([melgares@ksu.edu](mailto:melgares@ksu.edu)) or Denise Sullivan ([dsulliva@ksu.edu](mailto:dsulliva@ksu.edu))

You may also fax this form to Pat Melgares at 785-532-5709