

Our Health, Our Community

HEALTH & WELLNESS SURVEY

Take the survey
for a chance to
win a weekly and
grand prize*!

How are you doing? Let us know.

[WWW.ourhealthourcommunity.ca](http://www.ourhealthourcommunity.ca)

Our Health, Our Community, an initiative of **Our Cowichan Communities Health Network** and **Island Health**, is a regional health and wellness survey for Cowichan Valley residents 18 years and older. We know that life has changed a lot in the last few years, and we want to hear from you. Take the survey and tell us how you are doing. **Your feedback will help shape services, programs, and policies for our community.**



SCAN HERE TO TAKE THE SURVEY

*Community members 19 years of age and over are eligible to enter a weekly prize draw for a chance to win 1 of 7 \$200 gift cards to local grocery stores, gas stations, or recreation facilities, and a grand prize of an iPad 10. No purchase or participation in the survey is necessary. The prize draw will open July 25, 2023 and close by October 2, 2023 at 4pm PST and the draw will be held 2 weeks after the survey closure date. To participate in the prize draw (whether online or on paper), you must provide your name, and your phone, and/or email address. Your odds of winning a weekly gift card are approximately 1x 642. Your odds of winning the grand prize are 1x 4,500. Winners will be selected at random and will be contacted via phone or email. Before the prize will be issued, the winner must successfully answer a skill-testing question. For full prize draw rules, please visit www.ohocprize.ca.

www.ourcchn.ca | info@ourcchn.ca