

**Registration Form**

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

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

Contact No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Submission: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

$3,000 XCD UP FOR GRABS!

Guidelines for messages on Taking Responsibility for your Health

* No Trans fat
* Choose water over sugar sweetened beverages
* Limit the use of salt, salty foods and salty seasonings
* Eat a variety of foods every day
* Include a variety of fruits and vegetables in your daily meals
* Control portion sizes\*
* Make physical activity a part of your daily routine

**Submit your jingle to the Communications Committee of the Antigua Barbuda Moves**

**Medical Benefits Scheme, Nevis Street, St. John’s, Antigua or email**

**PublicRelationsDistributionGroup@mbs.gov.ag**

**Deadline for Submission: 27th January 2020**