

Northwest Health and Wellbeing Group Winter Sunrise / Sunset Competition

This Winter the Health and Wellbeing group want to focus on Seasonal Affective Disorder (SAD).

SAD is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year.

To brighten our outlook during these early Winter months we are inviting everyone with a link to the National Highways community, including friends and family, to capture the stunning sunrises and sunsets and celebrate the beautiful colours we can see around the UK at this time of year.

The Competition will run from December 1st until December 14th with a winner chosen by the time we all break up for Christmas.

Please send entries to mark.lesley@ae Yates.co.uk

There will be prizes of a Christmas Hamper for the best entries.

Good Luck!

