

# STUDENT T-SHIRT Design Contest

**Help Us Celebrate American Heart Month this  
February!**

Lake Cumberland Regional Hospital invites students to showcase their creativity and help spread awareness about heart health by creating a custom t-shirt design!

## CONTEST RULES:

- DESIGNS SHOULD FOCUS ON PROMOTING A HEALTHY LIFESTYLE FOR MAINTAINING A HEALTHY HEART.
- OPEN TO STUDENTS AGE PRESCHOOL-12TH.
- ANY MEDIUM ALLOWED (MARKER, PAINT, DIGITAL, ETC.).
- PARTICIPANTS MUST SUBMIT THEIR OWN ORIGINAL WORK. GROUP SUBMISSIONS ARE ALLOWED.
- TO SUBMIT, UPLOAD EITHER SCANS OR PHOTOGRAPHS BY SCANNING THE QR CODE BELOW OR VISITING [LAKECUMBERLANDHOSPITAL.COM/CONTEST](http://LAKECUMBERLANDHOSPITAL.COM/CONTEST)
- DESIGNS CAN ALSO BE DROPPED OFF IN THE ADMINISTRATION OFFICE AT LCRH (305 LANGDON ST., SOMERSET, KY 42503)
- THE CLASSROOM SIZE LIMIT FOR THE DISTRIBUTION OF T-SHIRTS IS 30.
- STUDENTS MAY USE THE SUPPLIED TEMPLATE, BUT IT IS NOT REQUIRED.

## IMPORTANT DATES:

**CONTEST  
OPENS: 2.2.26**

**CONTEST  
CLOSES: 2.20.26**

**WINNERS  
ANNOUNCED: 2.27.26**

**WINNER WILL BE ANNOUNCED ON THE  
HOSPITAL'S WEBSITE AND SOCIAL  
MEDIA CHANNELS.**

February is  
American  
Heart Month

GRAND  
PRIZE

**T-shirts for your class printed with  
the winning design plus a pizza party  
(up to 30 students)!**

VISIT OUR WEBSITE FOR MORE INFORMATION:

[LAKECUMBERLANDHOSPITAL.COM/CONTEST](http://LAKECUMBERLANDHOSPITAL.COM/CONTEST)

Contact [Kathleen.Bradley@lpnt.net](mailto:Kathleen.Bradley@lpnt.net) or 606.305.6308 for any questions.

**DESIGNS SHOULD FOCUS ON PROMOTING A HEALTHY LIFESTYLE  
FOR MAINTAINING A HEALTHY HEART. PLEASE CREATE A DESIGN  
SHOWCASING HOW TO KEEP YOUR HEART HEALTHY!**



**DEADLINE: 2.20.26**

**SCAN TO SUBMIT:**

