In the week following the longest day of the year, join people from across the world in the fight to end Alzheimer's disease. This year, Kent State will honor those fighting the disease and those who love and care for them with The Longest Day Photo Challenge.

**FIND IT**

June 20 is the summer solstice, or the longest day of the year. Take advantage of the extra daylight this week with an outdoor scavenger hunt! Take a walk around your neighborhood, downtown or a local park and be on the lookout for the following items. Find beauty in the little things.

- Bird
- Flag
- School
- Bench
- Playground Equipment
- Writing on a Window
- Train Tracks
- Black Squirrel
- Chalk Art or Message
- More Items

**2 WAYS TO PLAY**

- Exercise or meditate
- Sleep for 8+ hours
- Call a loved one
- Exercise your brain
- Random act of kindness
- Learn about Alzheimer’s
- Donate to Alz Association
- Cook a meal for brain health
- Hobby that uses your brain
- Write a letter to a LTC facility

**DO IT**

What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health. Support your brain health or let someone else know you’re thinking of them by engaging in the activities below.

Enter to win: Find or do as many things as you’d like and snap a photo of at least 3 of the items/activities along the way. Photos can be from either category or a combination of both. Submit the photos to wellness@kent.edu or post in the Employee Wellness Facebook Group between June 21-25.

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