



Facebook/Instagram Contest Terms and Conditions

Contest Title: Healthy Families – Little Voices, Bright Futures

Duration: February 9 - 28, 2026

See the contest dates below.

Eligibility:

1. Must be a caregiver to a child 12 years of age or younger to participate.
2. Must live in the North Bay Parry Sound District Health Unit service area.
3. Participants may only win one prize pack in the contest month.
4. Must not be employed by the North Bay Parry Sound District Health Unit or a direct family member (spouse or child) of a North Bay Parry Sound District Health Unit employee.

How to Enter:

- To enter the contest, participants must:
 - Follow the Health Unit page where the contest is posted.
 - Comment on at least one of the contest posts in accordance with the prompt in the caption.
- **By participating, you agree to comply with the terms and conditions listed herein.**

Contest Dates:

- Each prize Facebook/Instagram post will be active and accepting entries during the following timeframes.
 - **Prize 1:** February 9th – February 28th, 2026; contest closes February 28th, 2026, at 11:59 PM.
 - **Prize 2:** February 16th – February 28th, 2026; contest closes February 28th, 2026, at 11:59 PM.
 - **Prize 3:** February 23rd – February 28th, 2026; contest closes February 28th, 2026, at 11:59 PM.
- All prize draws will occur on Monday, March 9th, 2026.



Winner Selection and Notification:

- Three winners will be randomly chosen at the end of the contest period based on eligible entries received for each prize post.
- The North Bay Parry Sound District Health Unit will respond to the winner's Facebook/Instagram comment indicating they have won within seven (7) days after the contest closes and request the winner to privately message the Health Unit.
- To receive the prize, the winner must call Healthy Families PAA at 705-474-1400 extension 5243 and provide all registration information requested in such form as designated by North Bay Parry Sound District Health Unit, no later than two (2) calendar days after the date of transmission of the notification. It is each participant's responsibility to regularly check their message inbox account and/or their communication devices within this period and to respond to the message within the required time frame.
- If a winner does not respond to the notification message before the two (2) calendar day deadline, a notification message will be sent confirming that they are no longer eligible to claim any prize, and North Bay Parry Sound District Health Unit reserves the right to select another winner.
- All entries are owned by North Bay Parry Sound District Health Unit and can be used for other promotional activities. The winning submission may be shared publicly on the North Bay Parry Sound District Health Unit's social media pages, including the "story" section.

Prizes:

- Each winner will receive the weekly prize described in the respective week's giveaway post.
- The winner will have the choice to pick up their prize from the North Bay Parry Sound District Health Unit or provide a mailing address and the prize will be shipped to the address provided.
- There will be one winner chosen for each prize after March 9th, 2026, at 11:59 PM, who will win one (1) of the following parent child interaction prize packs:
 - **Prize 1:** Tummy Time Book (approximate value: \$20),
 - **Prize 2:** Musical Toy Set (approximate value: \$50), and
 - **Prize 3:** The Story of You (Baby's First Five Years) Book (approximate value: \$43)



Liability Disclaimer:

- Adult supervision is required for the safe operation of the item(s) included in this contest.
- Participants understand and acknowledge that the use of the item(s) is at their own risk and are responsible for following all safety guidelines and manufacturer instructions when using the prize.
- North Bay Parry Sound District Health Unit does not endorse or guarantee the quality, safety, or effectiveness of the item(s) provided as a prize in this contest.
- Any issues or concerns related to the prize should be addressed directly with the manufacturer or supplier of the item(s).
- By participating in this contest, participants release North Bay Parry Sound District Health Unit from any liability or responsibility associated with the use of the prize.
- North Bay Parry Sound District Health Unit reserves the right to amend, suspend, or terminate the contest at any time without prior notice.

Warning: Social media contests are targeted by phishing scams. Remember, the North Bay Parry Sound District Health Unit will never ask you to click a link to claim your prize. If you receive a message from a fake account posing as the Health Unit, please report it to Meta (Facebook/Instagram) and block it immediately.

The Health Unit may ask contest winners for personal information to confirm their eligibility for participation, including personal mailing address, age of child in care and relationship to Health Unit employees. The Health Unit will never ask contest participants for their credit card or financial information.