The Royal Society for Public Health is launching an exciting new-youth led social media campaign designed to raise awareness of healthy lifestyles for young people.

What?
Dream it. Try it. Live it. will encourage young people to adopt healthy behaviours and raise awareness of healthy eating, physical activity, mental wellbeing and the importance of sleep.
Young volunteers will have the opportunity to shape and contribute to the campaign, as well as conduct interviews and research young role models.

When?
Volunteers aged 14-21 will be hosted at RSPH London to run the campaign for ten days, over the period of 1-19 August 2016.

How to get involved
If you are interested in supporting or contributing to the campaign, please email us at dreamtrylive@rsph.org.uk

Twitter: @Y_H_movement
Instagram: @dreamtrylive
Snapchat: dreamtrylive
Youtube: Dream it. Try it. Live it.