

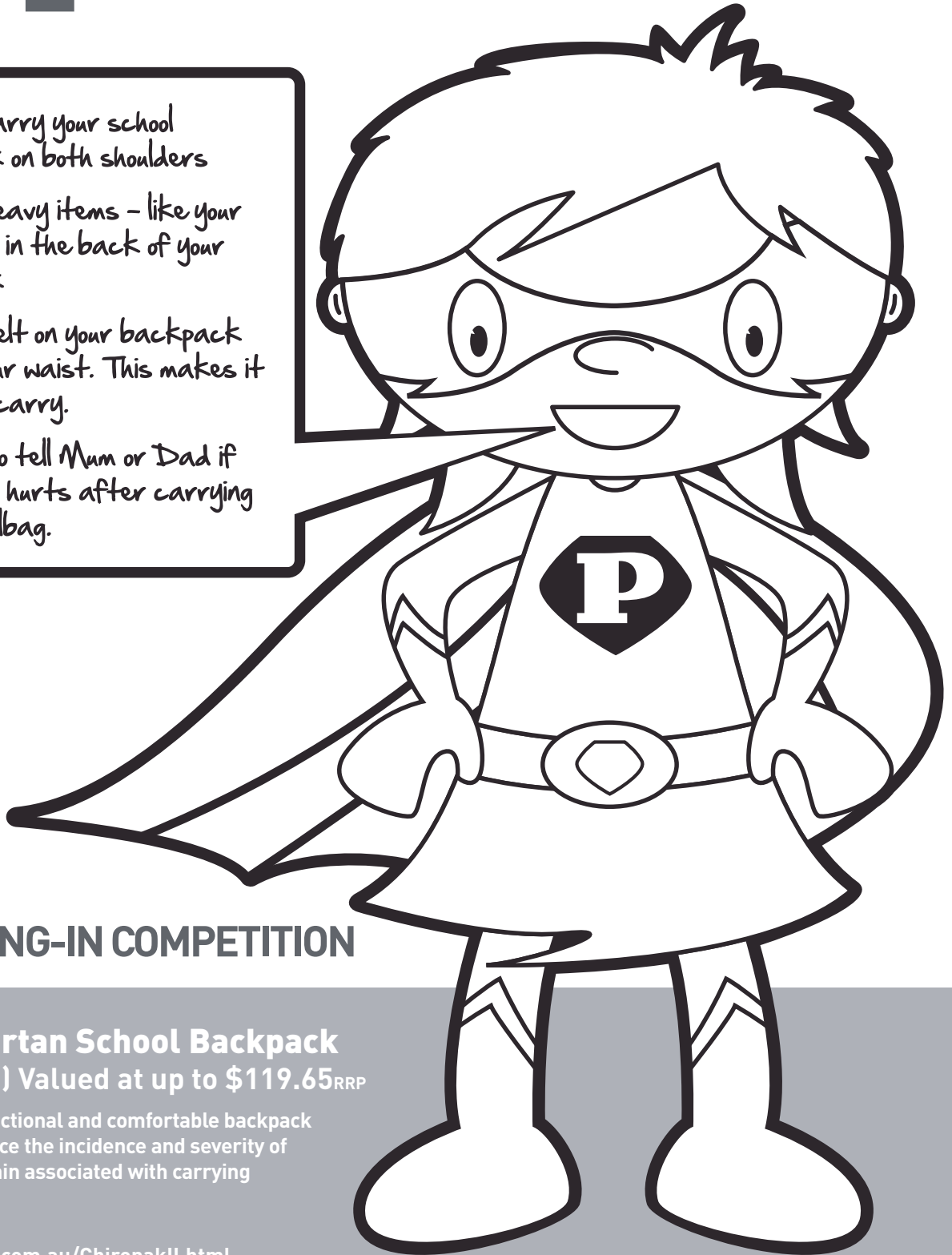
Captain Posture

Always carry your school backpack on both shoulders

Put the heavy items - like your lunchbox - in the back of your backpack

Clip the belt on your backpack around your waist. This makes it easier to carry.

Be sure to tell Mum or Dad if your back hurts after carrying your schoolbag.



COLOURING-IN COMPETITION

WIN a Spartan School Backpack (Chiropak II) Valued at up to \$119.65_{RRP}

This durable, functional and comfortable backpack is proven to reduce the incidence and severity of neck and back pain associated with carrying heavy loads.

LEARN MORE AT:
www.spartanss.com.au/ChiropakII.html

Name: _____ Age: _____

Address: _____

State: _____ Postcode: _____

Phone: _____

ENTRIES CLOSE 30 JUNE, 2010

Send your entry to the CAA Office in your state. See reverse side for address details and full terms and conditions.

Captain Posture

Send your entry to the CAA Office in your State:

CAA Australian Capital Territory

PO Box 4214
Weston Creek ACT 2611
Ph: (02) 6282 6177

CAA Northern Territory

PO Box 1100
Parap NT 0804
Ph: (08) 8941 4033

CAA South Australia

GPO Box 2407
Adelaide SA 5001
Phone: (08) 8336 7562

CAA Victoria

40 Dudley Street
West Melbourne VIC 3003
Ph: (03) 9328 4699

CAA New South Wales

Suite 7, 2 Castlereagh Street
Penrith NSW 2750
Ph: (02) 4722 6811

CAA Queensland

Comsec Centre, 433 Logan Road
Stones Corner QLD 4120
Phone: (07) 3394 8334

CAA Tasmania

79 Mount Street
Burnie TAS 7320
Ph: (03) 6431 9388

CAA Western Australia

Suite 1, 1 Charles Street
South Perth WA 6151
Ph: (08) 9367 3177

CAA/SPARTAN NATIONAL CHIROPRACTIC CARE WEEK 2010 COLOURING-IN-COMPETITION TERMS AND CONDITIONS

1. Entry is open to all Australian residents up to and including the age of 12. More than one entry may be permitted per person.
2. Entries must be sent to the relevant CAA office that is located in the same State/Territory as the entrant (see addresses above). Winners will be judged by a CAA representative from their State/Territory, based on artistic merit and creativity.
3. There will be two categories of winners. One winner will be selected from each category in each of the eight States/Territories, resulting in a total of 16 winners (2 winners per state). The categories used to judge the competition will be:
 - 6 years and under
 - 7 to 12 years of age
4. The Competition commences 19/4/2010 and ends 30/6/2010.
5. The prize draws will take place on Friday 2nd July, 2010 at 10am at each of the CAA State/Territory Offices, as listed above.
6. Winners will be notified by telephone no later than Friday 9th July 2010.
7. Each winner will receive a Spartan Chiropak II school backpack. Winners will be asked to nominate which backpack is appropriate for them. The Chiropak II comes in the sizes Small, Medium, Large and Extra Large, and more information can be found at <http://www.spartanss.com.au/PDFS/CAABrochure.pdf>.
8. Delivery of prizes will be coordinated by CAA, to be supplied to the winner(s) within three months of the prize draw.
9. Winners' names will also be published in The Australian on Friday 30th July 2010.
10. In the event of any dispute, the decision of the promoter is final and binding and no correspondence will be entered into.
11. Prizes are not transferable or exchangeable and cannot be exchanged or redeemed for cash.