

Take the Asthma Rap Challenge... and WIN!



1. Go to www.healthy london.org/asthmarap
2. Download the music and hear a sample recording by Key Changes
2. Make up your own bars / rap
3. Record or video yourself performing to the music
4. Share your recording on social media using [#AsthmaRapChallenge](https://twitter.com/AsthmaRapChallenge) or upload directly via www.healthy london.org/myrap before entries close on 30 October 2018

The winner will be chosen by a panel of music industry judges and receive a professional recording session supported by Key Changes

