```css
body {
  font-family: Arial, sans-serif;
  margin: 0;
  padding: 0;
  background: #f4f4f4;
  color: #333;
}

header {
  background: #333;
  color: #fff;
  padding: 1rem;
  text-align: center;
}

nav a {
  color: #fff;
  margin: 0 15px;
  text-decoration: none;
}

section {
  padding: 2rem;
  background: #fff;
  margin: 1rem;
  border-radius: 8px;
  box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}

form input, form textarea {
  display: block;
  width: 100%;
  margin: 0.5rem 0;
  padding: 0.5rem;
  font-size: 1rem;
}

form button {
  background: #333;
  color: #fff;
  border: none;
  padding: 0.75rem 1.5rem;
  cursor: pointer;
}

footer {
  text-align: center;
  padding: 1rem;
  background: #222;
  color: #ccc;
}
```