



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS BINGO CHALLENGE



Our 2020 Wellness Challenge begins January 20, 2020!

Register January 13–17, 2020



January 20: THE CHALLENGE BEGINS!

All participants will receive their BINGO cards!
PRIZES awarded for first BINGO and T-shirt for **COVERALL**
Submit completed cards to Y Staff by March 20th!

Set up Wellness appointments with a Wellness Coach to discuss your goals

Talk with health professionals about stress and nutrition



February 20: Weight Lifting Challenge!

Hosted by: Bryan Allard, Freemotion Fitness

There will be **PRIZES!**

Also, this is a check-in date with your Wellness Coach.



March 20: That's a wrap!

Final check in with your Wellness Coach

PRIZES awarded!