

RACINE COUNTY SELF-CARE BINGO CHALLENGE



Challenge Dates: May 6th - May 31st

ALL ONE
Wellness

Welcome to the Challenge!

Welcome to Racine County's Self-Care BINGO Wellness Challenge! The challenge starts on Monday, May 6th.

Registration is open from April 29th - May 5th. Please click on this [LINK](#) or scan the QR code below to register for the challenge.



What's next?

With the challenge beginning on May 6th, here is what you need to know for the challenge:

- Each week you will receive a new BINGO card to use for that specific week. The BINGO cards will be emailed out each Monday morning of the new week, with the first card being sent out on May 6th.
- For this challenge, you get to pick what self-care activities you do from the card each day.
- Once you get BINGO (5 across, down or diagonal), report it using the link on the card. (A link and QR code will be sent out in May 6th's email to submit your weekly BINGO).
- All participants who get BINGO during the week will be entered to win!

Get Ready to Practice Self-Care Activities!

There are many different ways to practice self-care on the card. Of course what you see in each square is the bare minimum. If you exceed the quantity or times suggested, good for you!

Each week a random drawing will be held to win a mental health & relaxation prize amongst all who get BINGO during that week! The BINGO winners will be announced in each week's email.

GRAND PRIZE: another random drawing will be held at the end of the 4 weeks for all those who submit a BINGO each of the 4 weeks to receive a PAID DAY OFF FROM WORK!

In good health,

Coach Angie

