

Challenge Six: Creating Space

**NW Montana Schools' Health Consortium
2020-21 Health Promotion Program.**

Thank you for signing up for your Health Promotion Program! This year we'll continue focusing on the holistic idea of wellness to improve many aspects of your life with eight different challenges throughout the school year. Each challenge will bring a new opportunity to receive an incentive! It will be a fun way to focus on your health while connecting with others at your school site.

This program is for all staff regardless of your insurance status, and spouses who are on the insurance plan! Be sure to forward this link to anyone who you think wants to join the fun!

DEADLINE: March 28th
INCENTIVE: \$20 gift card

BINGO! Challenge Six is here just in time for Spring Cleaning - declutter and spruce up your environment to create space to get your work done and your goals completed.

Steps to earning your incentive:

1. Download your BINGO card.
2. Complete tasks listed on card - you have until the end of March to complete them!
3. Each week submit which tasks you've completed - you will receive an email prompt as a reminder.

Bonus incentive!

For each row you complete you will be entered into a drawing to win one of two Cotopaxi bags...to help you create space from others and enjoy a few hikes!

Please contact Carrie at info@drivewellnessmt.com with any questions.

