

MWV Age Friendly Wellness Challenge BINGO Card

[MWV Age Friendly Communities](#) is inviting you to participate in the [MWV Age Friendly Wellness Challenge](#) this year. To participate you can print out a BINGO card or find a copy at your local library and begin completing the activities in each square. For every activity completed you can earn 1 point toward a monthly drawing. You can earn 2 points by doing the activity with someone of a different generation such as a grandparent/grandchild, parent/child, etc. Each point is worth an entry ticket into the drawing, so each point increases your chances of winning. On the 5th of every month we will collect all the submitted BINGO cards and draw a winner. This gives everyone multiple chances to win and keeps the challenge going all year. We will change the bingo cards each season so keep an eye out for the new ones in the spring!

To submit your completed BINGO card:

Be sure to write your name and contact information on the BINGO card. With your phone you can take a picture of your completed card and email it to mwvwellness@gmail.com. If you are not sure how to use your phone to send a picture you can drop your BINGO card off at your local library for us to collect.