



- 1** Complete the activities in 5 squares in a row for a **BINGO**. Complete all of the activities for a **BLACKOUT**.
- 2** Complete the form below and return it by **August 31st**. Email it to Wellness@PacificSource.com or drop it off at either:
 - **St. Peter's Health Administration Building**
2500 East Broadway
 - **The Base Camp**
5 West Broadway
- 3** Your slip will be entered into a drawing for some super fun prizes!
The quicker you complete and submit your Bingo card, the more chances you have to win!

FIRST & LAST NAME

PHONE #

AGE

STREET ADDRESS

CITY

STATE

ZIP

EMAIL

I approve of St. Peter's Health sharing my child's/children's names and/or pictures on social media.



B	I	N	G	O
Prickly Pear Land Trust Take a hike around Tenmile Creek Park	SPH Nutrition Blend your favorite fruit and freeze in a Dixie cup with a popsicle stick	SPH Physical Therapy Draw a sidewalk chalk obstacle course (jumping, hopping, spinning, running, etc.) and then go through it daily with your family	PacificSource Health Plan Skipit Challenge: Who can skip the longest?	PureView Health Take a walk for at least 15 minutes
Helena Athletic Club Practice 5 cartwheels	ExplorationWorks Complete one ExWorks Science Experiment (link: https://bit.ly/3xSuk11)	SPH Injury Prevention Go on a bike ride with family and friends, with everyone wearing a helmet	Lewis & Clark Public Health Put on sunscreen before you play outside	ChildWise Institute Name 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell and 1 thing you taste
Child Care Connections Listen to your echo at the Memorial Park Band Shell	Helena Fire Department Check all smoke detectors in your homes and replace batteries as needed		Helena Youth Soccer Association Practice family soccer ball juggling (learn how here: https://bit.ly/3BmNDov)	Healthy Mothers, Healthy Babies Learn about fun family events in our community by visiting brightbytext.org
Lewis and Clark Library Check out the new Children's Area at the library and enter through the cool cutouts in the wall	Capital City Health Take a family swim together	Montana Radio Company Turn up the radio and have a Dance Party	Big Brothers Big Sisters Play a round of Disc Golf	Helena Photography Find a selfie spot around town and take a picture of yourself there
SPH Foundation Get outside and play Frisbee for 20 minutes	Helena Area Community Foundation Collect spare change from your house, car or when walking around town, and donate it to your favorite nonprofit	SPH Population Health Give someone a card to tell them you care	SPH Skin Safety Check the UV index daily and plan your sun safe behavior	SPH Ambulance Discuss what's an emergency with an adult, and when you should call 9-1-1

IMPORTANT: St. Peter's Health reminds you to take health and safety precautions while completing your bingo activities.