



- 1** Complete the activities in 5 squares in a row for a **BINGO**
  - 2** Complete form below, detach and return it by **August 31<sup>st</sup>** to 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!
- Complete the activities in all the squares and be entered into a special BLACKOUT prize drawing!**

\_\_\_\_\_  
FIRST & LAST NAME

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
AGE

\_\_\_\_\_  
STREET ADDRESS

\_\_\_\_\_  
CITY

\_\_\_\_\_  
STATE

\_\_\_\_\_  
ZIP

\_\_\_\_\_  
EMAIL



B	I	N	G	O
<p><b>Prickly Pear Land Trust</b></p> <p>Take a hike around Tenmile Creek Park</p>	<p><b>Lewis &amp; Clark Library Bookmobile</b></p> <p>Read a book to yourself or a loved one</p>	<p><b>Capital City Health Club</b></p> <p>Practice 20 frog jumps</p>	<p><b>Lewis &amp; Clark County Public Health</b></p> <p>Complete 10 air squats</p>	<p><b>St. Peter's Health Foundation</b></p> <p>Go into nature to find a pine cone to make a bird feeder with peanut butter and seeds</p>
<p><b>Bike Walk Montana</b></p> <p>Walk, ride or roll from Centennial Park to Montana Wild on the Centennial Trail</p>	<p><b>St. Peter's Health Population Health</b></p> <p>Complete a random act of kindness</p>	<p><b>PacificSource Health Plans</b></p> <p>Dribble and pass the soccer ball with a friend</p>	<p><b>Helena Youth Soccer Association</b></p> <p>Juggle a soccer ball with your feet; try to get 5 or more before the ball drops</p>	<p><b>St. Peter's Health Skin Safety</b></p> <p>Check the UV index before going out and protect your skin with clothing, sunscreen or shelter</p>
<p><b>St. Peter's Health Nutrition</b></p> <p>Make a snack: yogurt parfait or whole wheat tortilla</p>	<p><b>Montana Radio</b></p> <p>Turn up the radio and have a dance party</p>	<b>FREE</b>	<p><b>Child Care Connections</b></p> <p>Create an obstacle course in the back yard and time each family member running the course</p>	<p><b>St. Peter's Health Trauma Team</b></p> <p>Go on a bike ride with family and friends, with everyone wearing a helmet</p>
<p><b>St. Peter's Health Physical Therapy</b></p> <p>Draw a sidewalk chalk obstacle course (jumping, hopping, spinning, running, etc.) and then go through it several times</p>	<p><b>St. Peter's Health Ambulance</b></p> <p>Demonstrate how to cross the street safely</p>	<p><b>Helena Athletic Club</b></p> <p>Practice 10 cartwheels</p>	<p><b>Helena Fire Department</b></p> <p>Draw a fire escape plan for getting out of your home</p>	<p><b>Exploration Works</b></p> <p>Complete an experiment found on <a href="http://explorationworks.org/experiments">explorationworks.org/experiments</a></p>
<p><b>Healthy Mothers Healthy Babies</b></p> <p>Learn about fun family events in our community by visiting <a href="http://brightbytext.org">brightbytext.org</a></p>	<p><b>PureView Health Center</b></p> <p>Be creative and send a "THANK YOU!" card to a community healthcare worker</p>	<p><b>Helena Photography</b></p> <p>Find a selfie spot around town and take a picture of yourself there</p>	<p><b>Childwise Institute</b></p> <p>Take a slow, deep breath and hold for 10 seconds; repeat 4 times</p>	<p><b>YMCA</b></p> <p>Complete 5 burpees</p>

**IMPORTANT:** St. Peter's Health reminds you to wear a mask, practice physical distancing, wash your hands and take safety precautions in all that you do while completing your bingo activities.