

EMBRACE THE SEASON

WALKTOBER

OCTOBER 1ST - 31ST

MOVE | BREATHE | CONNECT

» BINGO EDITION «

Join us for **Walktober**, our month-long wellbeing challenge designed to help you stay active, reduce stress, and connect with others throughout October!

How it works

- ✓ Obtain your online/printable Bingo Card from Marla
- ✓ Complete activities to earn Bingo Squares ***Participants may complete UP TO 3 squares per day**
- ✓ Submit your bingo card to Marla or hilltophappenings@htop.org **NO LATER** than November 4th

Prize Opportunities

BLACKOUT

- * Complete every square
- * 3 winners
- * \$250 Prize Each

CLASSIC BINGO

- * Complete a Bingo
(Horizontal, vertical or diagonal)
- * 7 Winners
- * \$100 Prize Each

Why Participate?

- 😊 Reduce stress & improve wellbeing
- 😊 Stay active throughout the month
- 😊 Connect with Coworkers
- 😊 Enjoy fun seasonal activities
- 😊 Earn chances to win prizes

Weekly Trivia Challenges

- 🧠 Check our weekly What's Up Wednesday email for a special trivia question
- ✉ Simply reply to the email with your answer for a chance to win a prize

Next Steps: Watch for an email from Marla Neal with your Bingo card.

Questions or concerns? Email hilltophappenings@htop.org OR call/text our Employee Experience number (970) 644 - 1708