WELLNESS WEEKEND BINGO

TAKE A LOOK AT THE WELLNESS WEEKEND EVENTS AND OFFERINGS!

GO FOR A HIKE IN A DECORAH PARK	ATTEND A WELLNESS WEEKEND EVENT	READ FOR 20 MINUTES	SCHEDULE YOUR NEXT EYE CARE APPOINTMENT	MAKE TIME TO WORK ON A HOBBY
RANDOM ACT OF KINDNESS	GET 8 HOURS OF SLEEP	SCHEDULE YOUR NEXT THERAPY APPOINTMENT	SCHEDULE YOUR NEXT CHIROPROACTIC APPOINTMENT	TREAT YOURSELF
ATTEND A FITNESS CLASS	MAKE A NEW RECIPE FOR DINNER	DECORAH AREA CHAMBER OF COMMERCE	CALL A FRIEND	GET AT LEAST 20 MINUTES OF SUNLIGHT
SCHEDULE YOUR NEXT DENTIST APPOINTMENT	DECLUTTER A SPACE IN YOUR HOME	BOOK A SELF CARE APPOINTMENT	DIGITAL DETOX TURN OFF SCREENS FOR 1-2 HOURS	ATTEND A WELLNESS WEEKEND EVENT
ATTEND A WELLNESS WEEKEND EVENT	GO FOR A 30 MINUTE WALK	SCHEDULE YOUR NEXT DOCTORS APPOINTMENT	BIKE OR WALK PART OF THE TROUT RUN TRAIL	BOOK A SELF CARE APPOINTMENT

ACTIVE LIFESTYLE, SELF CARE, AND FUEL FOR BODY & MIND IN decorah

PLAY WELLNESS WEEKEND BINGO FOR A CHANCE TO WIN!

Mark off wellness tasks to complete a BINGO!
Diagonal or Across works!

BINGO! Fill out your name and number below and **turn in your Bingo card at the Decorah Area Chamber (507 W Water St.) by Wednesday, November 11th.**

2 Winners will be chosen on Thursday, November 12th.
Winners will receive $100 in Chamber Dollars to spend locally!

Name:

Phone:

Wellness Weekend Presenting Sponsor:
Oneota Valley Family Eye Care

Wellness Weekend Supporting Sponsors:
KD Refillery, Chiropractic Offices of Dr. Kelly Reagan, & Kelly Real Estate

DECORAH
AREA CHAMBER OF COMMERCE