

# Treasure Your Wellness



DETAILED INSTRUCTIONS & ACTIVITIES LIST



NAME: \_\_\_\_\_

ZIP CODE: \_\_\_\_\_

PHONE/EMAIL: \_\_\_\_\_

SEE REVERSE FOR DETAILED INSTRUCTIONS





### ACTIVITY ISLAND

- Visit your local community recreation center
- Discover a new-to-you hiking trail by visiting [bit.ly/trailsandrec](http://bit.ly/trailsandrec)
- Play disc golf
- Visit a park
- Walk 30 minutes, 3 times a week

*Complete at least one activity*



### ISLE OF INNER PEACE

- Create your own art
- Meet with or call a friend
- Start a daily gratitude journal
- Go to open art night at the Bay City Arts Center
- Get some quiet reading time at the library

*Complete at least one activity*



### COMMUNITY COVE

- Volunteer at a community garden
- Join or start a walking group
- Attend a community event
- Subscribe to the TCW newsletter

*Complete at least one activity*



### HEALTHCARE HIDEAWAY

- Find a primary care provider
- Schedule a wellness exam
- Visit a dentist
- Practice good hygiene (hand washing, brushing your teeth, flossing)

*Complete at least one activity*



### BE WELL NOURISHED BAY

- Eat a homemade meal with family/friends
- Visit Food Roots and/or a farmer's market
- Try a new fruit or vegetable
- Learn about the healthy benefits of dairy

*Complete at least one activity*



### FINANCIAL FOUNDATIONS FORT

- Create a budget
- Open a savings account
- Find a way to earn extra money
- Attend the FUNancial Wellness event for families and kids: Monday, August 19th, 5:00-6:30pm at the YMCA

*Complete at least one activity*

#### INSTRUCTIONS:

1. **Get your map:** Pick up your "Treasure Your Wellness" map at select locations\*, or download it from [bit.ly/tillamookwellness](http://bit.ly/tillamookwellness)
2. **Explore the Islands:** Complete at least one activity per island and check them off as you go!
3. **Complete your journey:** Drop off your completed map at a designated location\*, or submit online at [bit.ly/tillamookwellness](http://bit.ly/tillamookwellness). Submissions will be randomly drawn to win a prize! **DON'T FORGET TO INCLUDE YOUR NAME AND CONTACT INFO.**
4. **Share your adventure:** Encourage others by sharing your wellness adventures online with #TreasureYourWellness, and you could be featured on Tillamook County Wellness social media! (*Sharing online is not necessary to win.*)

#### \* PICKUP AND DROP OFF LOCATIONS:

Tillamook YMCA, Kiawanda Community Center, North County Recreation District, Food Roots, Tillamook County Library locations.

**Enter by September 30th for your chance to win amazing prizes!**

**Prizes include a cornhole set, disc golf equipment, pickleball set, day passes to a recreation center, and the Grand Prize: an ATX Bike worth \$500!**

SCAN THE QR CODE  
FOR MORE INFO!

