

2022 Rhode to Wellness Challenge

ACTIVITY PASSPORT

Name _____

Email _____

Phone _____

Completed Scavenger Hunt Activities/Destinations:

Activity #1: _____
Date: _____

Activity #2: _____
Date: _____

Activity #3: _____
Date: _____

Activity #4: _____
Date: _____

Activity #5: _____
Date: _____

Activity #6: _____
Date: _____

Activity #7: _____
Date: _____

Activity #8: _____
Date: _____

Did you participate in an activity in one of the 4 categories, but it's not on our list? It counts! Record it below:

Activity: _____
Date: _____

Activity: _____
Date: _____



RHODE ISLAND
WORLD DIABETES DAY

2022 RHODE TO WELLNESS CHALLENGE:

Passport to Community Connections

ABOUT

This fun 6-week Challenge leading up to RI World Diabetes Day (November 14, 2022) inspires Rhode Islanders across the state to explore the many accessible resources, events, and activities that connect us to healthy living. The Challenge runs October 2 – November 12, 2022.

- Engage in activities across Rhode Island via a “scavenger hunt” that fall into 4 categories:
 1. Eat Well
 2. Learn More
 3. Move More
 4. Feel Good
- Organizations statewide are offering free classes, exciting events, unique exploration opportunities, and more.

HOW TO PLAY

- First, register for the Challenge at www.riwdd.org.
- Record your scavenger hunt activities in your “passport” (this document), either via hardcopy or by using the digital version available at www.riwdd.org.

HOW CAN I WIN?

- Complete the Challenge by participating in various activities in each category.
 - 1-4 activities (each in different categories) and be entered to win a \$50 giftcard
 - 5-6 activities and be entered to win a \$75 giftcard
 - 7+ activities and be entered to win a \$100 giftcard
- Submit completed passport by email to info@riwdd.org or by mail to: Rhode to Wellness Challenge, P.O. Box 41590, Providence, RI 02940.

SCAVENGER HUNT ACTIVITIES

Explore fun activities around the state (and online) below, encouraging you to

 Eat Well

 Learn More

 Move More


 Feel Good!


Full details and dates for each destination can be found at www.RIWDD.org



Take Control of Your Health
From "Walk with a Doc" through Miriam Hospital to free health programs through the Community Health Network 


Visit a Farmers Market
Farm Fresh RI holds farmers markets statewide 

Join a Fitness Class
See our free health, wellness, and fitness class suggestions 

Learn to Prepare Healthy Food
Check out our ideas for easy online healthy cooking and nutrition classes 


Volunteer
Several RI park cleanups and free programs are happening in October 

Take a Hike
From the October 2 JDRF walk to 30+ hiking trails across RI, see our great suggestions 

Stay Active and Engaged
Explore our public libraries for free activities, classes, and equipment loaner programs 

Take a Diabetes Risk Test
Try out the free, simple CDC diabetes screening tool 

Get Your Flu Shot
Find a vaccine at your doctor's office, local pharmacy, or free clinics statewide 

Choose to Relax
Discover great opportunities like free admission times at the RISD Museum to free mindfulness and meditation classes 

RHODE ISLAND

WARWICK

NEWPORT

W KINGSTON

PROVIDENCE