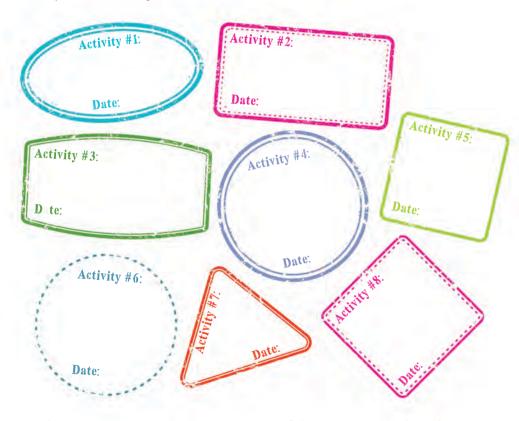
## 2022 Rhode to Wellness Challenge

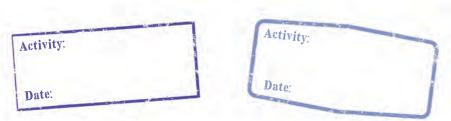
## **ACTIVITY PASSPORT**

Name	Y	
Email	1-	
Phone		

Completed Scavenger Hunt Activities/Destinations:



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





#### **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



Learn More





Feel Good!

# 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

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



### Volunteer

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

# Learn to Prepare Healthy Food

Check out our ideas for easy online healthy cooking and nutrition classes

## Take a Hike

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

## **Choose to Relax**

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

## **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



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