

Ravalli County

# WINTER Wellness

NOVEMBER 20, 2019-FEBRUARY 20, 2020

**WHO:**

Don't wish your winter away! Every adult (18+) can enter to win prizes by participating in physical activity in Ravalli County. This is a FREE incentive program to help inspire you to move this winter.

**WHAT:**

Any approved activity in Ravalli County is eligible for an entry into the prize drawing. Every activity equals an entry so the more you move, the more you can enter! WINTER Wellness entries can be recorded at [ravalli.msuextension.org/healthandwellness.html](http://ravalli.msuextension.org/healthandwellness.html) OR visit the MSU/Ravalli County Extension Office: 215 S. 4th Street, Ste G, Hamilton.

**WHEN:**

November 20, 2019-February 20, 2020. Entries must be submitted by February 20, 2020 at Noon to be entered in the drawing.

**QUESTIONS?**

Contact Katelyn Andersen, MSU Extension Agent for Ravalli County at [katelyna@montana.edu](mailto:katelyna@montana.edu) or 406-375-6611



MSU Extension-Ravalli County appreciate the support of our many local partners who help build connections in the wider community and also enhance the health of the individuals that live, work and play in Ravalli County.

# Thank You

to our local businesses for the following prizes:

## **Aspen Leaf Yoga**

Six Visit Yoga Pass

## **Bee Happy Honey**

Bee Happy Honey Basket

## **Bitterroot Chamber of Commerce**

\$50 Gift Card to Chamber businesses

## **Bitterroot College Continuing Education Program**

\$25 Credit for Adult Education Classes

## **Bitterroot Sound Healing**

One Hour Sound Healing Session

## **Bouilla**

\$25 Gift Certificate - 6 winners!

## **Camp Sula**

Deluxe Cabin for One Night\*

## **Corvallis Physical Therapy**

Gregory Targhee 32L Backpack

## **Cranial Sacral Therapy, LLC - Jody Mohoff, CST-D**

One Cranial Sacral Therapy Session

## **Cultivating Connections**

Half Season CSA Share

## **Hamilton Downtown Association**

Two tickets to Crab Fest 2020

Two tickets to Wine Fest 2020

## **Heart of the Valley Adult Education**

\$30 Credit for Adult Education Classes

## **Hamilton Players**

Two Tickets to Opening of Clue (April 10)

## **Health by Heidi**

One Hour Personal Training

## **Healthy Connections**

Essential Oil Infused Goodie Basket

## **Hidden Treasures**

Vintage Postcard for Every Participant\*

## **Judy Banks, LMT**

1/2 Hour Massage - 2 winners!

## **Ken and Patrick Loucks**

Private X-Country Ski Lesson

## **Lost Trail Ski Area**

Two Adult Ski Lift Tickets\*

## **New Horizons Physical Therapy**

Health Goodie Basket

## **Ravalli County Federal Credit Union**

Trailbuddy Trekking Poles

ALPS Mountaineering 3-Person Tent

## **Ravalli County Public Health Dept.**

Child Bike Helmet Certificate - 2 winners!

## **Step Stone - Becki Koon**

One Introductory HeartMath Session

## **Tipi Rock Yoga & Massage Therapy**

Punch Card for Five (5) Yoga Sessions

## **Runner's Edge**

\$25 Gift Certificate

## **Wendy Davis Training**

Two (2) Hours of Personal Training

\*restrictions apply

## Educational Opportunities

MSU Extension-Ravalli County will be partnering with local businesses and individuals to offer FREE educational programs throughout WINTER Wellness (Nov 15- Feb 20, 2020). Follow on Facebook and sign up for the newsletters to learn more.