

NAME: _____ PHONE #: _____ EMAIL: _____




Eau Claire
Healthy Communities

WINTER WELLNESS CHALLENGE

ENGAGING OUR AGE 60+ COMMUNITY MEMBERS

PRIZES include: an annual YMCA membership, hiking poles, walking cleats, and more!

Declutter your space	Try a new at-home fitness class (1*)	Participate in the Eau Snow pass (2*)	Attend a bingo event (3*)	Play in the snow
Set up a power of attorney for healthcare (4*)	Get a memory screening (5*)	Enjoy a meal with family and/or friends	Try a new winter sport (2*)	Use MyPlate to plan a meal (6*)
Drink 8 glasses of water in one day	Do an act of kindness	FREE SPACE 	Prepare a winter emergency kit for your car (7*)	Have a game night with family and/or friends
Join a book club or start one with friends (8*)	Register for a class at the ADRC (9*)	Get 8 hours of sleep	Attend an exercise class (10*)	Take a mental health day
Call a family member or friend	Attend a winter farmers' market (11*)	Try a new healthy recipe	Give 3 compliments	Get outside for a walk (12*)(2*)

Check the boxes as you complete each task. (1 Bingo = 1 entry | 3 Bingos = 3 entries | Blackout = 5 entries)

*Note: numbers in the boxes correspond to resources on the backside

Winter Wellness Challenge Resources

- At-home Fitness:** Popular sites like YouTube offer a variety of free exercise videos you can stream from the comfort of your home. Check out these popular pages for inspiration.
 - Do Yoga With Me: Offers a yoga workout for everyone with varying styles and intensity levels. <https://www.youtube.com/user/doyogawithme/videos>
 - Fitness Blender: Featuring over 600 workouts that can be searched by length, difficulty, training type, calories burned and muscle group. <https://www.youtube.com/user/FitnessBlender>
- Eau Snow Pass:** For more information about Eau Snow: www.eauwinter.com
- BINGO!** Visit a local establishment and try your luck at a couple of games. Here are a few options offering regular game nights:
 - American Legion – Friday nights (634 Water St, Eau Claire)
 - Pioneer Tavern – Wednesday nights (401 Water St, Eau Claire)
 - Eau Claire Ale House – Thursday nights (120 N Clairemont Ave, Eau Claire)
 - Eagle’s Banquet Hall – Wednesday nights (2588 Hallie Rd, Chippewa Falls)
 - Search “bingo in Eau Claire/Augusta/etc.” for more ideas!
- Power of Attorney for Healthcare:** Plan ahead and be prepared. Set up a power of attorney for healthcare: <https://www.dhs.wisconsin.gov/forms/advdirectives/f00085.pdf>
- Memory Screening:** The Aging and Disability Resource Center (ADRC) offers free 10-minute memory screenings! For more information, call 715-839-4735 or visit: <https://www.eauclairecounty.gov/home/showpublisheddocument/41040/637565022145230000>
- MyPlate:** Learn how to eat healthy with MyPlate at www.myplate.gov
- Winter Emergency Kit:** What does a winter emergency kit include? Review this resource for recommendations: <https://wisconsin.gov/Pages/safety/education/winter-drv/survival-kit.aspx>
- Book Clubs:** Check out this list of local clubs: <https://volumeone.org/listings/categories/200070-book-clubs> Or use this guide to start your own: <https://www.epl.ca/blogs/post/how-to-start-a-book-club/>
- ADRC:** Check back regularly for events offered by the ADRC: <https://www.eauclairecounty.gov/our-government/departments-and-facilities/department-directory/aging-disability-resource-center/calendar-of-events/-curm-12/-cury-2022>
- Exercise Class:** Try a fitness class at the YMCA or senior center:
 - Eau Claire YMCA: <https://www.ymca-cv.org/groupexschedules>
 - LE Phillips Senior Center: <https://schedulesplus.com/lepssc/kiosk/homecal.do>
 - Augusta Senior & Community Center (view current month’s newsletter for schedule): <https://mycommunityonline.com/organization/augusta-senior-community-center-54722>
- Winter Farmers’ Market:** Available for all, visit the Eau Claire Winter Farmers’ Market: <https://www.ecdowntownfarmersmarket.com/winter-market/>
- Outdoor Walk:** Visit the Wintermission trail, which has priority snow removal and cleared quickly after each snowfall: <https://www.eauclairewi.gov/recreation/trails/wintermission-winter-route>

To turn in: Email completed board to healthycommunities@eauclairecounty.gov, mail to Eau Claire City-County Health Department (720 2nd Ave. Eau Claire, WI 54703), or drop off at the Eau Claire City-County Health Department main office.