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**FOR IMMEDIATE RELEASE**

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**Chippewa Valley Summer Activity Passport returns this summer to keep you active!**

**Eau Claire, WI, June 30, 2022** - Back for a 2nd year in a row, take action towards better health with the Chippewa Valley Summer Activity Passport! Summer is a great time to set health goals to prevent chronic diseases like diabetes and high blood pressure. This activity passport shows you where to find exciting opportunities in Eau Claire, Chippewa, and Dunn counties. Whether your goal is to exercise more frequently or eat more servings of fruits and vegetables, you may find that it's easier to meet goals when you're doing something you enjoy.



"Obesity and healthy nutrition were identified as concerns in all three Community Health Assessments completed by Chippewa, Dunn, and Eau Claire Counties. Our local coalitions came together again this year, along with Visit Eau Claire, to promote the Summer Activity Passport. The passport encourages families to go out and explore the amazing outdoor opportunities available in the Chippewa Valley," said JoAnna Bernklau of Eau Claire Healthy Communities. "This effort promotes movement, stress reduction, and increased fresh fruit and vegetable intake as action steps towards better health in chronic disease prevention."

**The best part?** You can win some awesome prizes for participating including outdoor yard games, cooking supplies, recipes books, yoga mats, and more. Here's how it works:

1. Visit as many parks, trails, and local activities as you want!
2. Snap a photo of yourself at each location.
3. Upload the photo(s) below! Each photo counts as an entry to win a prize, so the more you participate, the better your chances of winning!

"Each of our communities has amazing resources with endless activities to try and places to explore!" said Janessa VandenBerge of Eau Claire Healthy Communities. "New this year—we've included treasure hunting! Explore the Chippewa Valley by [geocaching](#) and finding a variety of fun prizes."

Come visit us tonight at the Sounds like Summer Concert Series in Phoenix Park. The first 75 people to stop by our Eau Claire Healthy Communities booth get a free geocache keychain. The first 100 people can get a free water bottle by taking a prediabetes risk test or by getting a blood pressure reading.

The Summer Activity Passport can be found on Visit Eau Claire's webpage by using this link: <https://qrco.de/cvpassport>. Winners will be chosen throughout the summer and contacted via email or phone. This activity passport ends August 31<sup>st</sup>, 2022. We can't wait to see you out there!

# CHIPPEWA VALLEY SUMMER ACTIVITY PASSPORT

2022 SUMMER GUIDE

Check out the FREE summer activity passport for fun summer activities in Eau Claire, Chippewa, and Dunn Counties!



Use this QR code to submit your activity photos! Each submission is entered into a prize drawing!



<https://qrco.de/cvpassport>



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