This months theme: COMMUNITY HEALTH
Check out how you can improve your health, join the fun, and enter in a chance to win:
(3) $100 Amazon gift cards
(5) $20 Amazon gift cards
This Month's Theme: Community Health

Here is how you can improve your wellness and get entered into a raffle for:
(3) $100 Amazon gift cards
(5) $20 Amazon gift cards

1 point:
- Spend time out of class with peer
- Make someone's day
- Practice gratitude for a day
- Catch up with an old friend
- Create a community goal in YOU
- Answer weekly wellness questions
- Discuss the importance of screening with a loved one
- Send a postcard to a loved one
- Do a Random Act of Kindness
- Download and set up SafeZone App

3 points:
- Visit the Phoenix Center
- Write a thank you card
- Attend a campus event
- Join a social club (not CU related)
- Make weekly plans with a friend
- Donate to the CU food pantry
- Take the MATTER self-check on YOU
- Use TELUS Health App

5 points:
- Join a CU related club
- Join a CU Walk Group (Mondays 12-12:30pm, meet outside Woodgrain)
- Attend or sign up for a self-defense class
- Donate socks to Socktober
- Attend a CU Student Health Promotion Committee Meeting (Thursdays 12-1pm, ED2N 1304)

10 points:
- Volunteer for a cause you care about
- Take a CU Training (Overdose Prevention, Emergency Preparedness, Bystander Interventions, etc)
- Attend Time to Ungrind (10/3 @ 12-1:30pm)
- Complete Respect Expected Online Course

10 points = 1 raffle ticket entry