

# Sanders County WINTER Wellness

January 2, 2024 - March 28, 2024

## WHO:

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

## WHAT:

Any physical activity in Sanders 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 [bit.ly/WINTERWellness](https://bit.ly/WINTERWellness) or by using the QR code below.



OR visit the MSU/Sanders County Extension Office at 2504 Tradewinds Way Suite 1B, Thompson Falls.

## WHEN:

January 2, 2024-March 28, 2024. Entries must be submitted by March 28, 2024 at 5:00 pm to be entered in the drawing.

## QUESTIONS?

Contact Sanders County Extension at [sanders@montana.edu](mailto:sanders@montana.edu) or 406-827-6934

# Thank You

to our local donors for the following prizes:

## Beagle's Bakery and Espresso

\$25 Gift Card

[facebook.com/ThompsonFallsMT59873/](https://facebook.com/ThompsonFallsMT59873/)

## Thompson Falls Community Trails

\$50 Gift Card to REI

[facebook.com/groups/942299852827111/](https://facebook.com/groups/942299852827111/)

## Rustic by Bethany

Basket of Goodies

[rusticbybethany.com](https://rusticbybethany.com)

## McGowan Grocery

\$50 Gift Card

[mcgowangroceries.com](https://mcgowangroceries.com)

## Mountain West Clothing

Klean Kanteen Water Bottle

[mountainwestclothing.com](https://mountainwestclothing.com)

## Ryan Chiropractic

Basket of Health Products

[ryanchiropractic.com/thompson-falls/](https://ryanchiropractic.com/thompson-falls/)

## Harlow Ranch

10 Pounds of Bison Burger

[harlowranch.com](https://harlowranch.com)

## Good Food Store

\$50 Gift Card

[goodfoodstore.com/Home/](https://goodfoodstore.com/Home/)

## Harvest Foods

Two (2) \$100 Gift Cards

[harvestfoodsnw.com](https://harvestfoodsnw.com)

## First Security Bank

Rumpl Camp Blanket  
(Glacier Park Edition)

[fsbmsla.com](https://fsbmsla.com)

## Cube Iron Cataract Coalition

\$25 Gift Card to Scheels

[cubeironcataractcoalition.wordpress.com](https://cubeironcataractcoalition.wordpress.com)

## Valley Banks

Two (2) \$50 Gift Cards

[valleybanks.com/](https://valleybanks.com/)

## Friends of Scotchman Peaks Wilderness

Swag Bag

[scotchmanpeaks.org](https://scotchmanpeaks.org)

## Educational Opportunities

MSU Extension-Sanders County will be partnering with local businesses and individuals to offer FREE educational programs throughout WINter Wellness (January 2 - March 28, 2024). Go to our webpage at

[www.montana.edu/extension/sanders/](https://www.montana.edu/extension/sanders/) or follow us on Facebook

(MSU Extension Sanders County) to learn more.