

# Sanders County WINTER Wellness

January 2, 2025 - March 31, 2025

## 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, 2025-March 31, 2025. Entries must be submitted by March 31, 2025 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