

TRURO WINTER LONG JOHN FESTIVAL 2021

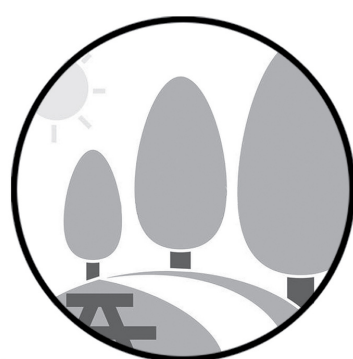
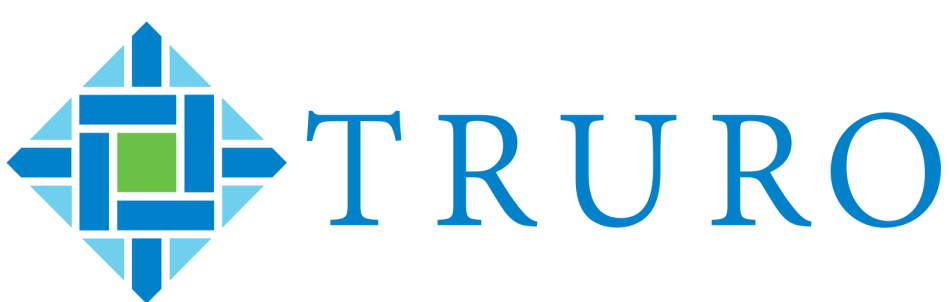
Winter Wellness Passport

ONE ACTIVITY COMPLETION = ONE ENTRY

FEBRUARY 1 - 28, 2021

build a snowman	go sledding / tobogganing	practice yoga	wear your long johns to work / school
do an act of kindness	explore a new trail	go outdoor skating	enjoy a bowl of soup
try cross country skiing	try a new playground	go snowshoeing / hiking	play hockey or sledge at the Stadium
go fat biking	get outside in your long johns	play pickleball	try geocaching

- Send us a photo of each completed activity, through messenger, on the Truro Parks Recreation Culture Facebook Page @Truroprc or email mburgess@truro.ca for a chance to win a prize.
- One entry per activity.
- If you complete all 16 activities, you will be entered into an additional prize draw.



**TRURO
and AREA**
Community Health Board



**Truro
WINTER
Long John
Festival**