



GRATITUDE BINGO CHALLENGE

Improve your health and the health of others with **ACTS OF GRATITUDE**

Pick up a BINGO card in the Wellness Center and play during the month of November.

HOW: Complete every square on your BINGO card

during the month of November and you will be entered

into our drawing to win a gratitude journal!

LOCATION: YMCA of Sequim, 610 N. 5th Ave, Sequim, WA 98382

COST: Free to members

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