

PAWS IN MOTION BINGO



Presented by:
staples

Ask someone for a \$20 donation	Go for a 5K Walk	Take a new route	Give your dog a treat	Share the Paws in Motion donation page on social media and tag @CMHAYork
Go for two walks in one day	Get a friend to join the dog walking challenge	Post a picture of you and your dog walking and tag @CMHAYork	Ask someone for a \$40 donation	Go for a 2K Walk
Post your progress on your dog walking bingo challenge and tag @CMHAYork	Try to teach your dog a new trick	FREE 	Go for a walk on a different time of day than usual	Add one extra KM to your walk today
Play fetch or a game with your dog after your walk	Go for a 10K Walk	Ask someone for a \$25 dollar donation	Take a photo of you and your dog going for a walk and tag @CMHAYork	Follow @CMHAYork on social media
Pet your dog and take 10 deep breaths	Listen to a Mental Health in Motion episodes on The Revolutionized Mind Podcast on your walk	Follow all the members of the Paws in Motion Team on Instagram	Ask someone for a \$35 donation	Walk your dog every day for 7 days straight

www.cmhainmotion.ca/pawsinmotion