



- Fit-4-Fall Bingo is an 8-week program that runs from **September 24, 2012** to **November 18, 2012**.
- Participants must have a total of 4 Bingos each week in order to submit their Bingo card and qualify for the weekly prize drawing. A Bingo consists of 7 X's in a row (vertically, horizontally or diagonally). Bingo cards that are submitted incomplete will not be entered for the weekly prize drawing.
- All Bingo cards must be turned in by Tuesday of the following week by 12:00 p.m. (noon). Cards may be mailed to Jessica Miller (MS-A2) or dropped off at the Human Resources Office to qualify for the weekly prize drawing.
- Prizes will be awarded weekly and those who turn Bingo cards for 5 or more weeks will also be entered into a grand prize drawing at the end of the contest.
- Bingo cards will be e-mailed out each Wednesday for the following week along with the "Weekly Wellness Tips" e-newsletter and announcement of the weekly prize winner. Bingo cards and rules will also be available on the website at www.columbiabasin.edu/fit4fall.
- For more information, contact Jessica Miller at jmiller@columbiabasin.edu.