



MENTAL WELLNESS SUMMER SCAVENGER HUNT

JUL 6 - AUG 17 | FREE | AGES: 12-18 | MUST REGISTER | PRIZES AWARDED

Search through online resources to learn about your mental well-being, how to take care of yourself and how to help others.

Complete the final quiz for your chance to win one of 3 Wellness Kits valued at \$30 and a Grand Prize Wellness Kit valued at \$50.

Register to receive your scavenger hunt instructions when the hunt begins.

Register: cochrane.ca/ProgramGuide or 403-851-2250

