

THRIVE MONTH BINGO

Get any line by attending a Thrive Month event or completing a challenge! **Submit your completed BINGO sheet via email to studenthealth@kpu.ca** to be entered to win 1 of 5 \$50 gift cards. Contest is only open for KPU students. Take a screenshot to show us you attended an event to and include it with your BINGO sheet. Prize will be drawn on November 3, 2020.

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| Attend a Learning Centre Workshop | Submit a photo that describes what CONNECTION means to you <small>(this year's THRIVE theme)</small> | Participate in a Sport & Rec virtual yoga class | Attend the Bannock Workshop hosted by Indigenous Services for Students | Participate in the Weekly Cooking Challenge on Instagram hosted by Orientation and Transitions |
| Participate in Trivia Tuesday: THRIVE edition hosted by KPU International | Try out a meditation practice for 5 minutes | Play Career's Pictionary | Watch the Halloween movie and bring 2 friends to join you! | Join a TED Talk Tuesday hosted by Student Rights and Responsibilities |
| Attend the Nutrition Lunch and Learn | Participate in the "Building a Community" circle hosted by Student Rights and Responsibilities | FREE | Attend the Out in Schools workshop | Start a virtual study group in one of your classes |
| Do a random act of kindness! | Attend the Mind, Body, Spirit Feather Collage workshop | Participate in virtual cardio kickboxing class | Attend the Get Ready! Get Hired! Mini Virtual Job Fair | Attend the Student Loan Repayment workshop |
| Attend the Get Ready! Get Hired! Mini Virtual Volunteer Fair | Check out current KPU volunteer opportunities | Participate in the KSA's Weekly Scavenger Hunt on Instagram | Participate in a Sport & Rec virtual full body workout | Send a tweet with the hashtag #KPUThrive and tell us what Thriving means to you |

To view the full schedule of events and for more information, please visit:

> kpu.ca/thrive/thrivemonth | [#KPUThrive](https://twitter.com/KPUThrive)

