



BEARPOWER

Press Vol 3 Issue 1



EAT, MOVE & PLAY TOGETHER BY TAKING THE BEARPOWER FAMILY CHALLENGE!

BearPower is launching its first-ever family challenge, and we want YOU to join us! It will be 4 weeks of fun, with lots of ways to eat, play and celebrate. Plus, there will be a drawing for some awesome family prizes. The BearPower Family Challenge is a chance for kids and parents across our community to come together – so what are you waiting for? Join us.

- STEP 1:** Sign up for the challenge at BearPower.org
- STEP 2:** Kick-off the challenge with us at the BearPower 6.24k walk/run on October 10th
- STEP 3:** Explore something new each week of the challenge. BearPower will send you an email each week full of activities, recipes and great tips to help your family get BearPowered.

SHARE THE FUN - Take **PHOTOS** of what your family does to get BearPowered, and share your photos via Facebook or email with the hashtag **#BEARPOWER**

Families are eligible for great challenge prizes – bikes, fresh fruit, grocery gift cards, BearPower gear and more!

So sign up for the Family Challenge and let's get BearPowered together!

GO TO BEARPOWER.ORG FOR MORE INFO

DINNER'S READY!

JOIN a BEARPOWER COOKING CLASS

Stir, sift and slice with us at the next BearPower cooking class! Kids and parents can dig in to some yummy recipes and learn tasty tips.

No prior cooking skills necessary.
No peanuts involved.

EASY EVENING MEALS!

Saturday, Oct. 24 and
Saturday, Nov. 7

Grades K-2 (9:30 am)

Grades 3-5 (12pm)

\$15 per child or \$30 per family

Register at
whitebearregistration.org
or call 651-407-7501.

