



Join Castle Quay's WELLBEING BINGO CHALLENGE

Complete 5 mental wellbeing tasks from the grid below to be entered into a prize draw*

Once complete, head to the Wellbeing Challenge Results page and check off each challenge you have completed.

Enter your details and you will be automatically entered into a prize draw.

**T&C's Apply*

Attend a
Rooted in Action
workshop

Read
a book

Take a
mindfulness
walk

Spot
something
yellow

Tell
someone
they matter

Treat
yourself to a
sweet treat

Cook your
favourite
meal

Spend time
with a
loved one

Start growing
a sunflower with
Castle Quay
Sunflower kits



CastleQuay

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