



22 FOR 22 CHALLENGE



**THURSDAY, NOVEMBER 14TH
11AM-1 PM
NEAR THE LIBRARY TURN-AROUND**

22 Veterans take their lives every day. The 22 for 22 Challenge aims to raise awareness surrounding the suicide rate amongst Veterans.

In-Person challenges to be completed at the event include:

- Walk/Run 2 laps around roundabout
- Sing your favorite song for 22 seconds
- Text & check in with 2 friends/family members
- Introduce yourself to 2 new people at the event
- Write 2 things you are grateful for
- 22 Jumping Jacks
- 22 Hula Hoop Turns
- 22 Push Ups
- 22 Lunges

**Participants that complete one of the above challenges will receive a ticket to obtain free snacks and be entered into a raffle to win a prize
Winners will be contacted after the event!**

For any questions please contact iriana.zavalacamacho@evc.edu