



# BRAIN Power Challenge

Just like other parts of our body, our brains can get sick too. When we have a medical illness, we don't view this as a character flaw or personal weakness, nor should we for brain health issues. Over 50 million Americans have diagnosable brain health disorders each year. The **BRAIN Power Challenge** (commonly known as BINGO) is a 4-week challenge meant to support brain health and the importance self-care is for everyone!

## How it works:

- There are four different cards to play with:  
Physically, Emotionally/Spiritually, Financially, and Mentally/Intellectually
- It's easy for kids to participate! The middle column (A) features kid-friendly activities.
- Track your healthy activities on the card by crossing out squares for each activity completed. A "BRAIN" must have five crossed out boxes in a row - horizontally, vertically, or diagonally.
- When you have reached BRAIN, take a **selfie** with your completed BRAIN card and tag #HealthyKnoxville and Knoxville Hospital & Clinics in a Facebook post or email your photo to [info@knoxvillehospital.org](mailto:info@knoxvillehospital.org).
- You can complete up to four BRAIN cards throughout the month. The more cards you submit, the more chances you have at winning a self-care package with items from local businesses.
- Three winners – two adults and one child – will be drawn on June 4.

## Financially

# B R A I N

Make a grocery list before shopping and stick to it.	Pay extra towards a loan or debt.	Collect all of your loose change in a jar.	Go generic when possible on medications or groceries.	Put your bills on auto-pay to avoid paying late fees.
Open or contribute to a college savings account for a child in your life.	Set a savings goal and a plan to achieve it.	Set up a lemonade stand in your neighborhood.	Make a donation to your favorite charity in honor/memory of a loved one/friend.	Leave a generous tip.
Pay cash for all of your purchases for one week.	Take your lunch to work instead of eating out/eating in the cafeteria.	<b>FREE SPACE</b>	Find an expense you can cut out or decrease.	Increase your retirement plan contribution.
Give up a daily vice for one week and save the money.	Get a free credit report if you don't know your credit score.	Buy something used instead of new.	Download a budget tracking app to use on your phone.	Make an extra credit card payment.
Use 3-5 coupons at the grocery store during one week.	Organize or contribute items to a garage sale.	Donate toys or clothes you no longer use to a local thrift shop.	Open a savings account.	Compare cable providers/streaming services for the best deal.

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