



POWERUP FALL FEST

October 24-28, 2022

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Fall fun for everyone!

October is a month of changing seasons, fun thrills and harvest happenings. Join us for the 5-day virtual Fall Fest and explore new fall-themed ways your family can eat better, move more and feel good! All you have to do is SIGN UP! Then, pick how your family will celebrate, for one day or all five. A daily email with tips and tricks will inspire your family to PowerUp all week. Enter daily for chances to WIN cool prizes.

It's easy to join in the fall fun!

- 1 SIGN UP** to get started
- 2 CELEBRATE**, for one day or all five
- 3 WIN** prizes!



SIGN UP TODAY to start the fall fun!

SIGN UP at powerup4kids.org/fallfest (or SCAN THE QR CODE with your phone camera) to get the daily Fall Fest email (October 24-28) which is the key to unlocking the 5 days of fun.



SCAN TO SIGN UP!



What will you find in the Fall Fest email?

- Fall crafts and kitchen science
- Seasonal recipes
- Harvest highlights from the garden
- Safe and inclusive ways to celebrate this season
- Storytime with Chomp
- Daily prize entry and MORE!



WIN FUN PRIZES!

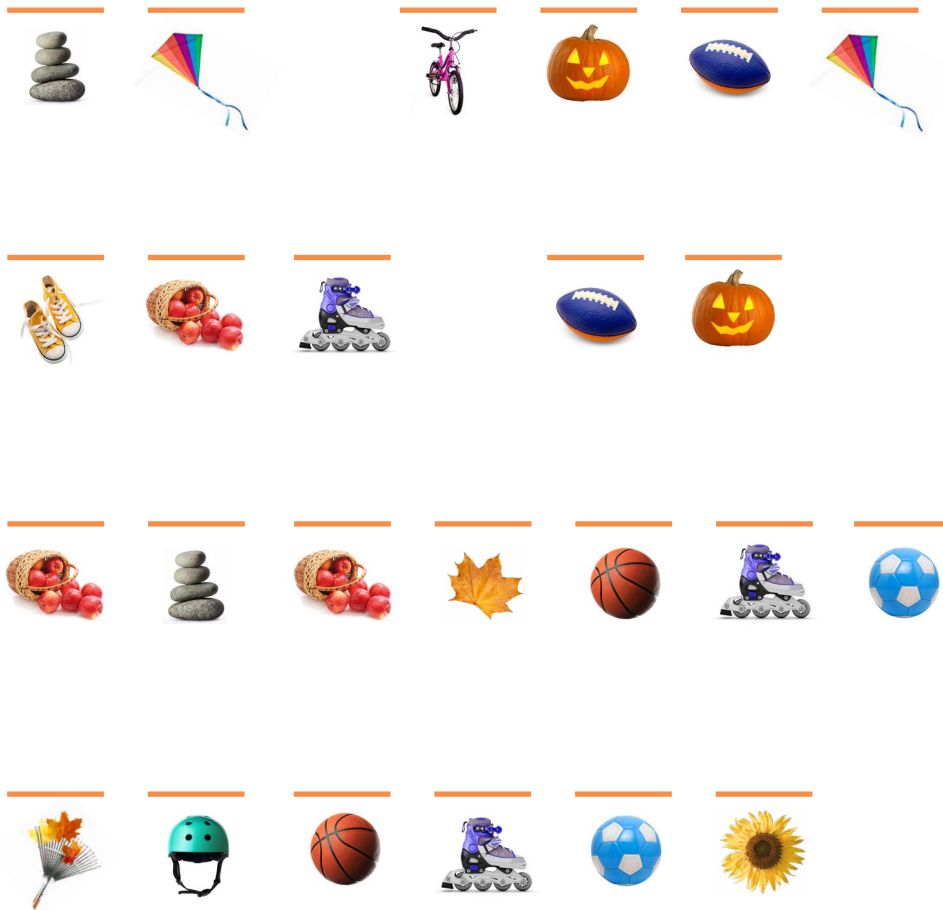
Simply click into the daily Fall Fest email (October 24-28) to get entered to WIN!

HealthPartners

powerup

SECRET POWERUP MESSAGE

Decode the secret PowerUp message using the key.



KEY



For more fun ways to PowerUp, check out the Fall Fun for Everyone PowerUp Family Magazine at powerup4kids.org/familymagazine or scan the QR code.

