

Sanders County WINter Wellness

January 5, 2026 - March 31, 2026

WHO:

Don't wish your winter away! Every adult (18+) can enter to win prizes by participating in physical activity in Sanders County. This is a **FREE** incentive program to help inspire you to move this winter.

WHAT:

Any physical activity in Sanders County is eligible for an entry into the prize drawing. Every activity equals an entry so the more you move, the more you can enter! WINter Wellness entries can be recorded at bit.ly/WINterWellness or by using the QR code below.



OR visit the MSU/Sanders County Extension Office at 1037 W. Main St (next to the Rex Theater), Thompson Falls.

WHEN:

January 5, 2026-March 31, 2026. Entries must be submitted by March 31, 2026 at 5:00 pm to be entered in the drawing.

QUESTIONS?

Contact Sanders County Extension at sanders@montana.edu or 406-827-6934

Thank You

to our local donors for the following prizes:

Lifetime Photography by Lindsay

30 Minute Mini Photography Session

lindsaylawsphotography.mypixieset.com

Lake Missoula Tea Company

Tea Gift Sampler

lakemissoulateacompany.com

Missoula PaddleHeads

4 Game Tickets During the 2026 Season

gopaddleheads.com

The Good Food Store

\$50 Gift Card

goodfoodstore.com

Peaceful Pines Farm Goods

Beat the Winter Blues Basket

peacefulpinesfarmgoods.com

The Fabric Pixie

Lap Quilt

thefabricpixie.com

Harvest Foods

Two (2) \$150 Store Gift Cards

harvestfoodsnnw.com

Harlow Ranch Bison Co.

Gift Certificate for 5 lbs Ground Bison

harlowranch.com

Cube Iron Cataract Coalition

Backpacking Chair

cubeironcataractcoalition.wordpress.com

Rustic Montana Gifts

\$25 Gift Card

Facebook: Rustic Montana Gifts

Crystal Vision, LLC

\$100 off Window Cleaning Service

Facebook: Crystal Vision LLC

Realty Northwest

Two (2) Sets of Trekking Poles

realty-northwest.com

Thompson Falls Community Trails

Mountainsmith Remnant Cube

Facebook: Thompson Falls Community Trails

Peak Outdoor Adventures

Free Guided River Float for 2 or

Guided Hike for up to 6

Facebook: Peak Outdoor Adventures

Friends of Scotchman Peaks

Wilderness

Swag Bag

scotchmanpeaks.org

Energy Partners Propane

20# Propane Tank w/ a Tank Fill Certificate

energypartnerspropane.com

Soundview Financial Group -

Ameriprise Financial

Two (2) \$50 Gift Cards to True Value

ameripriseadvisors.com/Ryne.Sorenson

Quinn's Hot Springs Resort

8 Swim Passes

quinnshotspots.com

Educational Opportunities

MSU Extension-Sanders County will be partnering with local businesses and individuals to offer FREE educational programs throughout WINter Wellness (January 5 - March 31, 2026). Go to our webpage at www.montana.edu/extension/sanders/ or follow us on Facebook (MSU Extension Sanders County) to learn more.



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