



## BVI Summer Family Challenge

### About

Get outside this summer! Spending time outdoors helps you improve your physical and mental health, build relationships, and develop thinking skills. Families will have the month of July to participate in outdoor activities. Keep a log of your outdoor hours to earn prizes!

### Highlights:

- Set a target goal
- Take part in outdoor activities
- Spend quality time together and make memories

This program is for families of school-aged children in Michigan who are Blind or Visually Impaired.

### Sign Up

**How:** Sign up online at [bit.ly/BVISummer](https://bit.ly/BVISummer)

**Deadline:** June 9, 2021

### Details

**Cost:** \$5

**Where:** At home and on Zoom

### When:

- Kits will be mailed out June 25
- Log activities between July 1- July 31
- Submit your log by August 5
- Join us for a Zoom campfire celebration on August 10