

SOBER(ER) October CHALLENGE

Can you rise to the challenge?

Sober(er) October encourages you to engage in **more healthy and productive activities**, focus on **drinking less**, and remain **drug free**, while building a stronger, more resilient community with your peers and family. Join your friends and play bingo to learn more about the resources and benefits available to you and your family AND be entered to win prizes!

Turn in your bingo card for your chance to win an MCX gift card valued at:

\$300

\$150

\$50

Bring your bingo card to your unit SACO (if active duty) or any participating location on the bingo card for your chance to win an MCX gift card. Cards with completed bingos will be entered to win a \$300 or \$150 gift card. Didn't complete a bingo? That's okay! Turn in your card and be entered to win a \$50 gift card! Cards must be turned in by Nov. 3. Gift card drawing will be held on Nov. 15 and winners will be contacted directly. The Unit with the most participation will be recognized as the Sober(er) October Champion!

Take the Pledge!

I challenge myself to engage in the Marine Corps Total Fitness mentality and overall wellness for the month of October. I commit to learning about resources within my MCCS community to support Force and Family resilience and wellness.

Name: _____

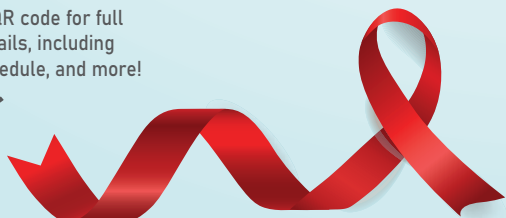
Unit (if active duty): _____

Phone: _____

Email: _____



Scan the QR code for full event details, including location, schedule, and more!



B I N G O

Visit either marina for a free daily kayak, canoe, or SUP rental + 50% off future power boat rentals.	Go to a movie at Camp Lejeune or New River and receive a free small popcorn.	Take a Group Exercise class. (free for active duty).	Take a finance class such as Home Buying or Credit Management.	Climb the rock wall at Wallace Creek.
Schedule a Unit Rec event with Outdoor Adventures and get \$3 discount per person.	Attend a class at the WARR Center.	Visit any EFMP location and participate in our "Everyday Hero Initiative."	Attend a Shine a Light on Domestic Violence event.	Visit any of the libraries.
Attend a SACP Sober(er) October Event.	Work out at any fitness center.	TAKE THE PLEDGE Sign the Pledge for a healthier October.	Visit any Marine Mart and receive a free cup of coffee.	Look up the Marine Corps Warfighter Mental Readiness Playbook online and show your SACO or EPBHC.
Visit a Recreational Shooting Range for discounted activities.	One free game of bowling at either center + 10% off at the snack bar.	Attend any nutritional brief at New River or Camp Lejeune.	Attend a SACP Sober(er) October Event.	Create your own activity.*
Check out the Auto Skills Development Center for 2 hours free bay or lift rental.	Take a Yoga for Mindfulness class with the Community Counseling Program.	Attend any Prevention & Education class.	Golf at Paradise Point Golf Course Free bucket of range balls and club rental.	Visit a Single Marine Program Rec Center. (active duty only).

*Tried something not on the list? Let us know! Write down an event or activity that you did that supports the Sober(er) October Pledge:

Substance Assessment and Counseling Program

MCB Camp Lejeune
Bldg. 326, 2nd Deck, H Street
(910) 451-2865

MCAS New River
Bldg. AS-213, 2nd Deck, Bancroft St.
(910) 449-5249

