

Integration

Pay Love Forward Community Wellness Challenge, Obstacle Course, and Concert

Dear Pay Love Forward and Converge friends,

We are so excited to announce **Integration** our first annual **Pay Love Forward Wellness Challenge** hosted through **Converge Billings**, Montana's very own social media network, dedicated to making our community a better place through *connection* and *collaboration*.

This event will start with our mental health challenge on May 25th with our online team-based mental health challenge through Converge and end on June 22nd with our obstacle course and celebration at North Park in collaboration with the Billings eBird and Parks and Recreation. Later that night, we will finish off the party at the 406 Events Lawn with an awards ceremony and a local band. We will have food trucks, bounce houses, the SteepWorld climbing wall, ax throwing, and lots of family-friendly fun.

This team-based four-week challenge is an opportunity to start prioritizing your mental health, connect with your community, and have a ton of fun doing it. Teams of four will compete, getting points for exercise, healthy eating, mindfulness, spontaneous acts of kindness, and much more. Each week will culminate in a team-building exercise where teams will choose from options like cooking healthy meals, climbing together at SteepWorld, or charting their own path with their own cooperative activity.

Whether you are a corporate sponsor hoping to get your employees involved in something that will increase engagement and improve company morale, a family who loves to work together, or you are just somebody looking for an opportunity to grow individually and connect with your community, this challenge can help you meet your goals.

Register for one or all three at our [Pay Love Forward Store](#)

Mental Health Challenge: \$25.00 per person/ \$100.00 per team

Pay Love Forward Obstacle Course at North Park: Open: \$25.00: Elite: \$35.00

Concert and Awards Ceremony: \$37.00

Register for all three: Open Package: \$77.00 and Elite Package: \$87.00

Learn more about our mission to build a better Billings at www.payloveforward.net, and make sure you sign up for an account on [Converge](#) to learn about how we are creating and sustaining compassionate communities throughout Montana. As with all of our events, this challenge is *pay what you can*. If you or somebody you know needs a scholarship, contact us at leavenworthmatt@gmail.com to apply.

If you are interested in becoming a part of this project, there are tons of ways to get involved, including volunteering, participating, donating, and becoming a corporate sponsor.

