

# YPGP Loves Local

SPEND \$5 TO SUPPORT A LOCAL RESTAURANT	DINE OUTSIDE FOR DINNER	ORDER CARRYOUT FROM YOUR FAVORITE RESTAURANT	SHARE A LOCAL BUSINESS SOCIAL MEDIA POST	ORDER A PICKUP ORDER FROM A LOCAL RETAILER
PARTICIPATE IN AN OUTDOOR GYM CLASS	PARTICIPATE IN A PERSONAL TRAINING SESSION	DONATE BLOOD	PLAY GOLF AT A LOCAL COURSE	VISIT THE FARMERS MARKET
GIVE YOUR WAITER/WAITRESS AN EXTRA BIG TIP	VISIT A LOCAL PARK		VISIT WILDLIFE PRAIRIE PARK	VOLUNTEER FOR ONE OF THE NEEDS POSTED ON HOIUNITEDWAY.ORG
RUN, WALK OR BIKE ON ROCK ISLAND TRAIL	DINE OUTSIDE FOR LUNCH	SEND AN EMAIL, TEXT OR CALL THANKING A HEALTHCARE PROFESSIONAL	SHOP FOR AN ELDERLY FRIEND OR FAMILY MEMBER	VISIT PPD ZOO
PURCHASE A GIFT CARD FOR A LOCAL BUSINESS FOR A FRIEND	TAKE A SELFIE WORKING FROM HOME	SPEND \$5 OR MORE AT A LOCAL COFFEE SHOP	WRITE A FACEBOOK BUSINESS REVIEW	WRITE A POSITIVE NOTE TO GIVE TO A FAMILY MEMBER