## Activity Tracking

## WHY DO YOU HAVE TO TRACK ACTIVITIES?

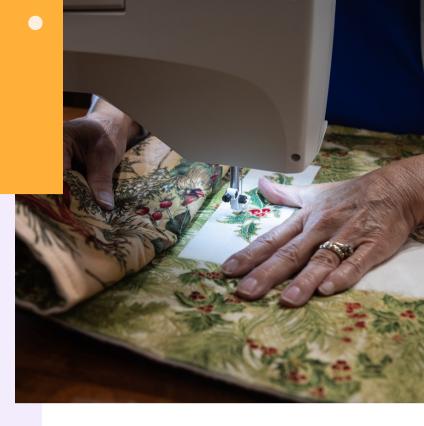
As your social wellness partner, our primary aim is to keep you active and involved. Regularly sharing your quilting experiences with us is vital for continued eligibility.

A common question we get is, "What activities count?" Here's a list of activities you're likely already doing that can be considered.

**Quilting Activities:** Every stitch, every patch, and every quilt block.

**Lessons and Workshops:** Attending sessions to improve skills and knowledge.

**Events**: Participating in or planning social events that build camaraderie.



**Volunteering:** Giving your time to help organize events, manage club operations, or support fellow members.

**Social Interactions:** Going out for lunch, sharing a drink, or simply spending time with club members.

And More: There are probably more activities you do daily around your passion for quilting. If you have questions on what else may be an activity, contact us at 833-906-1700.



Call 833-906-1700 Email info@hellogrouper.com