

# TIGHT K E-BULLETIN



December 2022, Issue 12



## THE TIGHT K ADVENT CALENDAR

To get you into the festive spirit, we are giving away a  
**PRIZE EVERYDAY TILL CHRISTMAS DAY!**

Each day, we will randomly select a winner from the sites  
that have recruited that day - **so get recruiting!**

**RECRUITMENT UPDATES** ON NEXT PAGE

# 76

## PARTICIPANTS RECRUITED IN NOVEMBER

Winter has started and the days are drawing in, so we need to keep those recruitment fires stoked over the cold months ahead! We are only 15 participants away from reaching the 50% mark, and to celebrate the occasion, there is an **extra special prize**, (yes another prize) for the site that **recruits the 842nd participant!**

827  
PARTICIPANTS  
IN TOTAL

WELCOME  
TO  
BRISTOL  
HEART  
INSTITUTE

