

# Holiday BINGO



Read or Listen to a Book	Play a Trivia Game	30 Minute WALK	Drink a Large Glass of Water	Spend Time Outside
Drink a Large Glass of Water	5 Minutes of Stretching	Spend Time Coloring	Try Something New	Spend 5 Minutes Breathing Mindfully
30 Minute WALK	Sing Along with a Christmas Classic	<b>Happy Holidays FREE SPACE</b>	Volunteer Your Time	5 Minutes of Stretching
Meet a New Coworker	Play a Brain Game	Spend 5 Minutes Breathing Mindfully	5 Minutes of Stretching	30 Minute WALK
Spend Time Outside	Drink a Large Glass of Water	Make or Bake a New Dish	Work a Jigsaw Puzzle	30 Minute WALK

**BETWEEN NOW AND THE NEW YEAR, REDUCE STRESS AND CULTIVATE WELLNESS BY PLAYING ALONG!**

**TURN YOUR BINGO CARD IN TO THE MANAGER'S OFFICE BY JANUARY 15 AND RECEIVE "WE ARE GRAND" SWAG COURTESY OF THE WELLNESS COMMITTEE!**

