

Wellness Self-Care Bingo

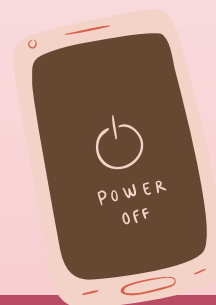


Get lunch with a loved one	Do a workout	Stretch throughout the day	Enjoy a hot beverage	Watch your favourite movie or TV show
Write a journal entry	Take 4 deep breaths	Check one thing off your to do list	Make time for rest	Spend time on a hobby
Listen to your favourite song	Put your phone on silent for an hour		Stay hydrated	Enjoy a hot shower or bath
Indulge in a beauty treatment	Dance - by yourself or with others	Watch the sunrise or sunset	Unfollow or disconnect from negative people	Create a self-care plan
Send a card to someone	Do a 3 minute meditation	Read a chapter from a book	Go for a walk	Take a nap or go to bed early

NAME:

EMAIL:

Please see the back of the card for further instructions →

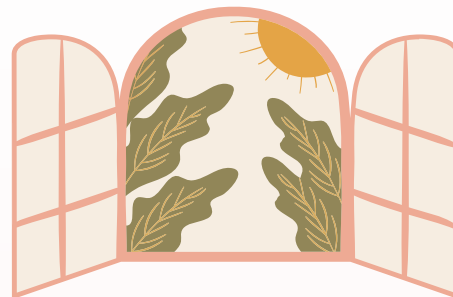


Wellness Self-Care Bingo!

INSTRUCTIONS:

Complete each square throughout the month of January for a chance to win some amazing prizes!

The middle square is a FREE square.



PRIZES:



All Bingo cards submitted by **Tuesday, January 31, 2023** will be entered into a random draw to win the grand prize!



The first three people to complete a **FULL** Bingo card will win podium prizes for 1st, 2nd, and 3rd!

Please submit your Bingo cards via email to wellness@bchsys.org

Winners will be contacted via email.

Good luck and have fun!

