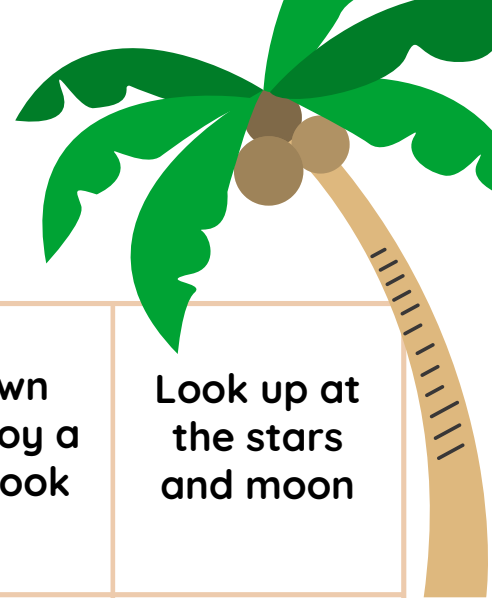


# Wellness Summer Bingo!

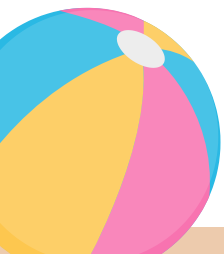


Spend 30 mins doing something just for yourself	Complete an activity outdoors	Watch a sunset or sunrise	Sit down and enjoy a good book	Look up at the stars and moon
Stay hydrated all day long	Enjoy a frozen treat	Take a 1 hour break from technology	Dance to your favourite music	Go for a 15 minute walk
Take a photo of something that makes you happy	Dip your toes in the water		Re-watch your favourite movie	Enjoy a cold beverage
Get 8 hours of sleep	Write a journal entry	Try a new recipe	Go to a local market or event	Complete a task you've been putting off
Have a laugh with friends or family	Eat a meal outdoors	Do your favourite type of exercise	Draw or colour a picture (even if it's bad)	Catch up with someone you haven't spoken to in a while

**NAME:**

**EMAIL:**

Please see the back of the card for further instructions →



# Wellness Summer Bingo!



## INSTRUCTIONS:

Complete each square over for a chance to win some amazing prizes!

The middle square is a FREE square.

## PRIZES:



All Bingo cards submitted by **Thursday, August 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](mailto:wellness@bchsys.org)

*Winners will be contacted via email.*

**Good luck and have fun!**

