

Wellness BINGO

Name _____

Network ID _____

Student/Faculty/Staff? _____

*Attend the Walktober Poker Walk on 10/6/23	*Attend Mental Health Day on 10/10/23	*Attend THINK Suicide Prevention Training on 10/11/23	*Attend Mindful Activity Hour on 10/17/23 (students only)	*Attend Wellness Wednesday on 10/18/23 (students only)
Get 7 or more hours of sleep 3 times in 1 week	Walk 10,000 steps in 1 day	Encourage a coworker or peer to participate in Wellness BINGO	Drink at least 64 ounces of water 3 times in 1 week	Eat 5 or more servings of fruits and vegetables today
Take a 10-to-15-minute walk break during the day	Bring a healthy snack to share with a coworker or peer		Don't watch TV or videos on your phone for an entire day	Take 10 minutes out of the day to meditate
Sign up or volunteer for a charity event	Exercise your mind (i.e. puzzle, game, read for pleasure)	Plan meals & snacks for the entire day the night before or in the morning	Try a new exercise or activity you haven't done before	Exercise for 30 or more minutes 3 times in 1 week
No fast food or takeout for 2 consecutive days	Try a structured breathing exercise or progressive muscle relaxation	Stretch at least 3 times today (5 minutes each)	Make all your grain products whole grain today	Go out of your way to perform an act of kindness today

Check the box in the square for each activity you complete. The Case Western Reserve sunburst logo is a free space. Once you complete 5 squares in a row in any direction, submit your completed BINGO card [via this form](#) to be entered into a prize raffle! Make sure to fill out the contact information at the top and all fields of the form. Please only one submission per person. Cards are due Friday, October 20.

*Squares at the top with bolded text represent university sponsored events. Details about these events are included on the following page. We hope to see you at an event!

University Sponsored Event Details

Walktober Poker Walk

Friday, October 6

11:30 am – 1:30 pm

In front of the Veale Recreation Center (2128 Adelbert Rd.)

*Or the Veale Center track in the case of inclement weather

Open to faculty, staff, and students

Come prepared to walk 5 loops – you might win a prize!

Mental Health Day

Tuesday, October 10

11 am – 1 pm

Tinkham Veale University Center (11038 Bellflower Rd.), Table 3

Open to students, faculty, and staff

Resources to support mental health, giveaways, and more!

T.H.I.N.K. Suicide Prevention Training

Wednesday, October 11

12 – 1 pm

Online event

Open to students, faculty, and staff

Learn warning signs and how to assist those who may be having suicidal thoughts

Register on Campus Groups: <https://cglink.me/2cS/r2114801>

Mindful Activity Hour

Tuesday, October 17

1 – 4 pm

Dental Research Building, Clinic D (2124 Cornell Rd.)

Open to students only

Mini pumpkin painting, puzzles, coloring, and more!

Register on Campus Groups: <https://cglink.me/2cS/r2193201>

Wellness Wednesday: Healthy Sleep

Wednesday, October 18

12 – 1 pm

Office of Multicultural Affairs, Sears Library 409 (10900 Euclid Ave.)

Open to students only

Join the conversation about the importance of healthy sleep habits

Space is limited. Register on Campus Groups: <https://cglink.me/2cS/r2154996>

Use this link to submit your completed BINGO card: <https://forms.gle/jcbtiePL37TZBUcu8>