



FAMILY OF BRANDS



# BINGO

<p>Attend <b><u>“Belonging in Action: how ERGs Transform the Comoto workplace”</u></b> live webinar</p>	<p>Register on the <b><u>Virtual health &amp; wellness fair website</u></b></p>	<p>Track your water intake each day. Drink half your weight in ounces!</p>	<p>Try a new recipe this week. Need ideas? <b><u>Check this out!</u></b></p>
<p>Try <b><u>one of these</u></b> breathing techniques to relieve stress!</p>	<p>Attend <b><u>“Digital balance: Navigating Technology and Mental Well-Being with Spring Health”</u></b> live webinar</p>	<p>Visit the <b><u>virtual booth</u></b> for your health plan and read up on the health benefit available to you</p>	<p>Try a new book! Read a new book or listen to a new audiobook every day this week.</p>
<p>Read about the fitness benefit available to you <b><u>here!</u></b></p>	<p>Check your settings to bring awareness to total screen time. Commit to no screen time for 60 minutes before bedtime!</p>	<p>Attend <b><u>“Yoga with WellnessIQ”</u></b> live webinar</p>	<p>Sign up for an <b><u>ERG</u></b> that is meaningful to you!</p>
<p>Walk at least 10,000 steps one of the days this week. Curious why this number matters? Read about it <b><u>here!</u></b></p>	<p>Complete a <b><u>5-minute meditation</u></b> each day of the week.</p>	<p>Journal at least 2 times this week. Write down 3 things you are grateful for. Why does journaling matter? Check it out <b><u>here!</u></b></p>	<p>Attend <b><u>“Building a Plan to Help your Retirement Savings Last a Lifetime”</u></b> live webinar</p>