



An Aon Company



PeopleFirst  
Experience

# Self-care Virtual Health Fair

# BINGO

Attend the <u>Care.com</u> webinar <input type="checkbox"/>	Attend the <u>Pain Free: Low Back &amp; Neck</u> webinar <input type="checkbox"/>	Visit as least 3 vendors <input type="checkbox"/>	Visit NFP Inclusion & Belonging vendor <input type="checkbox"/>
Attend the <u>Wellness Platform and Rewards Demo</u> with Personify Health <input type="checkbox"/>	Visit the Touchlight vendor <input type="checkbox"/>	Meditate or stretch for at least 5 minutes <input type="checkbox"/>	Attend the <u>Work-Life Balance</u> webinar <input type="checkbox"/>
Register on the Virtual Health Fair website <input type="checkbox"/>	<u>Attend the Peloton Live Desk Yoga and Program Overview webinar</u> <input type="checkbox"/>	Complete the <u>NFP benefits/wellbeing survey</u> <input type="checkbox"/>	Stop using screens at least 45 minutes before bedtime <input type="checkbox"/>
Take a walk between meetings <input type="checkbox"/>	Drink at least 8 cups of water <input type="checkbox"/>	Attend the <u>Desk-er-cise</u> webinar <input type="checkbox"/>	Attend the <u>Impact of Nutrition on Mental Health</u> webinar <input type="checkbox"/>