

Self-care Virtual Health Fair

BINGO

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