

Self-care Virtual Health Fair

BINGO

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