

























Wellness Buddy BINGO is a great activity to help you learn about the Wellness resources that Cleveland Clinic offers — while developing healthy habits at the same time. To start, download this game board, select a fellow caregiver to be your buddy and together complete at least one or more activities from each of the columns to spell B-I-N-G-O. Click the link in each box for more information about the activity. Check off the tasks in the form as you complete them. Submit your completed form to [wellness@ccf.org](mailto:wellness@ccf.org) and be entered for a chance to win great prizes!

# B I N G O

<p><u><a href="#">Donate to a local food bank or hospital food drive. Post a picture and comment about your experience.</a></u></p> 	<p><u><a href="#">Plant an outdoor vegetable or flower garden. Post a picture and comment about your experience.</a></u></p> 	<p><u><a href="#">Walk 10,000 steps in a day.</a></u></p> 	<p><u><a href="#">Join the Wellness Champion Team.</a></u></p> 	<p><u><a href="#">Send a Well-being Caregiver Celebration.</a></u></p> 
<p><u><a href="#">Participate in a Daily Wellness Tools for YOU virtual program.</a></u></p> 	<p><u><a href="#">Watch a Wellness Insider presentation recording or attend virtually.</a></u></p> 	<p><u><a href="#">Drink 64 oz of water in a day to stay hydrated in the summer heat. Post a picture and comment about your experience.</a></u></p> 	<p><u><a href="#">Join the Employee Wellness Facebook page.</a></u></p> 	<p><u><a href="#">Participate in a community service event. Post a picture and comment about your experience.</a></u></p> 
<p><u><a href="#">Prepare a Healthy recipe from the In the Kitchen Cooking Series.</a></u></p> 	<p><u><a href="#">Share a wellness success story on Connect Today.</a></u></p> 	<p><u><a href="#">Follow the Care-giver Well-Being Connect Today page.</a></u></p> 	<p><u><a href="#">Visit and review Take 5 Caregiver Resources.</a></u></p> 	<p><u><a href="#">Work out at a Cleveland Clinic Fitness Center location or local option.</a></u></p> 
<p><u><a href="#">Do a Refresh on Demand Yoga workout.</a></u></p> 	<p><u><a href="#">Share a wellness tip or resource at your next team huddle or meeting. Post a comment about your experience.</a></u></p> 	<p><u><a href="#">Download and use the Cleveland Clinic Mindful Moments app.</a></u></p> 	<p><u><a href="#">Go outside and take a walk in a park. Post a picture and comment about your experience.</a></u></p> 	<p><u><a href="#">Watch a Well-ness Connection recording or attend virtually.</a></u></p> 
<p><u><a href="#">Do a Fitness on Demand workout.</a></u></p> 	<p><u><a href="#">Make a healthy smoothie.</a></u></p> 	<p><u><a href="#">Set up a step challenge between you and your buddy using the Healthy Choice portal Challenges feature.</a></u></p> 	<p><u><a href="#">Share a favorite healthy recipe and send to <a href="mailto:wellness@ccf.org">wellness@ccf.org</a></a></u></p> 	<p><u><a href="#">Comment and post a picture about a special place that you enjoy visiting that helps you relax.</a></u></p> 