

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 and be entered for a chance to win great prizes!

Attend an outdoor Fall or Winter festival. Post a picture and comment about your

Walk 10,000 steps in a day. Join the Wellness Champion Team.

Send a Wellbeing Caregiver Celebration.



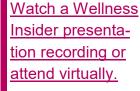






Caregiver Celebrations

Participate in a Daily Wellness Tools for YOU virtual program.







Participate in a community service event. Post a picture and comment about your experience.









Visit and review

Resources.

Take 5 Caregiver

Work out at a Fitness Center

Prepare a Healthy recipe from the In the Kitchen Cooking Series.



Follow the Care-Share a wellness success story on giver Well-Being Connect Today. Connect Today page.



Take 5

Cleveland Clinic location or local option.

Do a Refresh on Demand Yoga workout.



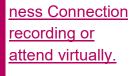
Share a wellness tip or resource at your next team huddle or meeting. Post a comment about vour experience.



Download and use the Cleveland Clinic Mindful Moments app.



Go outside and take a walk in a park. Post a picture and comment about your



Watch a Well-







Do a Fitness on Demand workout.



Make a healthy smoothie.



Set up a step challenge between you and your buddy using the Healthy Choice portal Challenges feature.

Share a favorite healthy recipe and send to wellness@ccf.org



Create a Healthy Choice portal account and sync your activity device or help a fellow caregiver set up their portal account.

WORK LOCATION NAME NAME

WORK LOCATION _____