

FoE Wellness Bingo - June 2024

SCHOOL OF ARCHITECTURE
CONRAD SCHOOL OF ENTREPRENEURSHIP
WATERLOO ENGINEERING

EVERY LINE YOU COMPLETE = AN ENTRY INTO THE DRAW
TO WIN \$25 GIFT CARD FOR UBER EATS

B I N G O

5 mins of chair yoga	Eat a Meal Mindfully	Read or listen to something inspirational	Acknowledge someone else	Visit the Peter Russel Rock Garden
Take a new route to work / class	Get 8 hours of sleep	Acknowledge how hard you work	Do something kind for yourself	Turn off screens 1 hr before bed
Attend a FoE or uWaterloo Event	Avoid sugary foods for a day	FREE	Create a nice scent in your work space	Call a friend and chat
Eat a nutritious snack	List 3 things you are grateful for	Go for a 10 min walk	Try a new food or recipe	Do a random act of kindness
Pause and breathe	Complete the FoE Wellness Survey	5 min dance break	Eat an extra vegetable today	Drink water

- VISIT OUR EVENTS PAGE FOR MORE INFORMATION (use QR code)
- SEND A PICTURE OF YOUR CARD BY JUNE 30TH TO: ENGWELLNESS@UWATERLOO.CA
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