

FoE Wellness Bingo - July 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 Skip the Dishes

B I N G O

Unplug for 30 mins	Eat lunch outside	Read or watch something funny (laugh)	Disconnect from school/work for an evening	Visit the Trinity Park Labyrinth (Cambridge)
Make homemade lemonade	Go to bed early	Have a picnic	Go on a nature walk	Start a new hobby
Attend a FoE or uWaterloo Event	Play a board game with friends/ family	FREE	Make the best paper airplane	Play a Sport
Read For Fun	Discover something new in your neighborhood	Listen to a fun podcast	Paint a picture	Sing a song
Pause and breathe	Have a lip sync battle	5 mins of stretching	Eat an extra vegetable today	Wear Sunscreen

VISIT OUR EVENTS PAGE FOR MORE
INFORMATION (use QR code)

SEND A PICTURE OF YOUR CARD BY JULY 31st. TO:
ENGWELLNESS@UWATERLOO.CA

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