

# FoE Wellness Bingo - Sept2024

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

Go for a walk	Eat a healthy snack	Turn screens off 20 mins before bed	Take a 5 min break	Call a loved one
Discover something new in your neighborhood	Go to bed early	Create a new routine	Listen to music	Stretch (do some yoga)
Attend a FoE or uWaterloo Event	Play a board game with friends/family	FREE	Make the best paper airplane	Hug someone you love
Take a power nap	Go apple picking	Watch a Ted Talk	Do something creative	Visualize your goals
Sit outside with the sun on your face	Create a positive affirmation	Pick up 3 pieces of litter	Eat an extra vegetable today	Open or contribute to your savings account

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

SEND A PICTURE OF YOUR CARD BY Sept 30th TO: [ENGWELLNESS@UWATERLOO.CA](mailto:ENGWELLNESS@UWATERLOO.CA)

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