

WAYS TO WELLNESS

B I N G O

 <p>Floss your teeth before going to bed.</p>	 <p>Take 6,000 steps in one day.</p>	 <p>Try making a new recipe.</p>	 <p>Give someone a compliment.</p>	 <p>Reach your daily water consumption goal.</p>
 <p>Eat one week of home-cooked meals.</p>	 <p>Go to bed early.</p>	 <p>Attend a library program.</p>	 <p>Go for a walk outside.</p>	 <p>Do some meditation or yoga.</p>
 <p>Download the Start Simple with MyPlate app.</p>	 <p>Take 10 minutes to tidy up your space.</p>	 <p>FREE SPACE</p>	 <p>Sleep for 7 or more hours.</p>	 <p>Try a new fruit.</p>
 <p>Check out a health book from the library.</p>	 <p>Do an activity with friends or family.</p>	 <p>Have a "no junk food" day.</p>	 <p>Eat a vegetable for breakfast, lunch, and dinner.</p>	 <p>Eat from each of the five food groups today.</p>
 <p>Read or listen to a book before bed.</p>	 <p>Try a new vegetable.</p>	 <p>Attend or schedule a doctor appointment</p>	 <p>Relax by taking a hot bath.</p>	 <p>Step away from technology for 2 hours.</p>

Join the **Ways to Wellness BINGO** game for Health Literacy Month! Complete the activity squares and finish 5 in a row horizontally, vertically, or diagonally to get a BINGO! When you get BINGO, return your card to the library to receive a small prize. Health Literacy Month aims to bring awareness to the importance of promoting optimal wellness. Learn more at www.berkslibraries.org/health-literacy