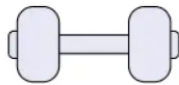


July Wellness Bingo

HAVE A PICNIC



TRY A NEW
EXERCISE



GET SOME
SUNSHINE



CREATE A
SUMMER
BUCKET LIST



VOLUNTEER
YOUR TIME



STARGAZE



GO TO A
FARMER'S
MARKET



TAKE A BIKE RIDE



TREAT
YOURSELF TO
ICE CREAM



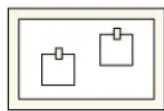
DO AN ART
PROJECT



TAKE A WALK
ON A NEW TRAIL



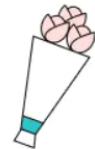
MAKE A VISION
BOARD



TAKE A DAY TRIP
TO A BEACH



BUY YOURSELF
FLOWERS



CLEAN YOUR
HOME



MEDITATE FOR
10 MINUTES



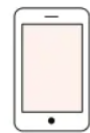
RELAX IN A
HAMMOCK



HOST A BBQ
WITH LOVED
ONES



TAKE A DIGITAL
DETOX DAY



START A BEACH
READ



SAY "I LOVE
YOU" TO
YOURSELF



DO ONE THING
YOU'VE BEEN
PUTTING OFF



GET 10,000
STEPS IN A DAY



PLAN A
ROAD TRIP

