

LMHF WELLNESS PART II

Play Monthly Bingo & Earn Part II Credits

April 2023

B I N G O

LMHF Wellness Video Yoga – For All Ages w/Steve https://lmhf.net/exercise-w%2F-steve	LMHF Wellness Video Full Body Stretch w/Steve https://lmhf.net/exercise-w%2F-steve	LMHF Wellness Video Breathing Techniques W/Steve https://lmhf.net/exercise-w%2F-steve	LMHF Wellness Video 10 – Minute Yoga w/Steve https://lmhf.net/exercise-w%2F-steve	LMHF Monthly Webinar
LMHF Wellness Video Morning “Go – To” Smoothie w/Sheri https://lmhf.net/cooking-classes	LMHF Wellness Video Understanding Melatonin w/Soda https://lmhf.net/health-%26-wellness	LMHF Wellness Video Sleep Enviourment w/Soda https://lmhf.net/health-%26-wellness	LMHF Wellness Video Sleep Tip 1 w/Soda https://lmhf.net/health-%26-wellness	LMHF Wellness Video Berry Coconut Smoothie w/Sheri https://lmhf.net/cooking-classes
Wellness with Your Pet	Wellness with Your Pet	FREE SQUARE	Wellness with Your Pet	Wellness with Your Pet
LMHF Monthly Webinar	LMHF Wellness Video Biking 4 Health w/Jared https://lmhf.net/health-%26-wellness	LMHF Wellness Video Weight Management w/Jared https://lmhf.net/health-%26-wellness	LMHF Wellness Video Physical Activity w/Jared https://lmhf.net/health-%26-wellness	LMHF Wellness Video Walking 4 Health w/Jared https://lmhf.net/health-%26-wellness
LMHF Wellness Video Mobility w/Alex https://lmhf.net/exercise-w%2F-alex	LMHF Wellness Video Lower Body w/Alex https://lmhf.net/exercise-w%2F-alex	LMHF Wellness Video Combination w/Alex https://lmhf.net/exercise-w%2F-alex	LMHF Wellness Video Cardio w/Alex https://lmhf.net/exercise-w%2F-alex	LMHF Wellness Video Core w/Alex https://lmhf.net/exercise-w%2F-alex

All LMHF virtual activities can be found on the “Virtual Classes” tab on our website <https://lmhf.net>

For completion of Wellness Webinars & Wellness with Your Pet, please contact Meah Vicario Meah.Vicario@lmhf.net

For completion of Wellness Videos and BINGO sheet, please contact Meah Vicario Meah.Vicario@lmhf.net

Please note – Only one completed Bingo sheet will be accepted per member each month.

Bingo sheets re-set each month. They will be updated monthly and found on the LMHF website.

LMHF

Labor-Management Healthcare Fund