

LMHF WELLNESS PART II

Play Monthly Bingo & Earn Part II Credits

July 2022

B I N G O

<p>LMHF Wellness Video</p> <p>Gardening at Home with Jared</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Wellness Video</p> <p>Full Body Strength with Steve</p> <p>https://lmhf.net/exercise-w%2F-steve</p>	<p>LMHF Wellness Video</p> <p>Probiotics with April</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Wellness Video</p> <p>Morning “Go – To” Smoothie with Sheri</p> <p>https://lmhf.net/cooking-classes</p>	<p>LMHF Wellness Video</p> <p>Step Workout with Alex</p> <p>https://lmhf.net/exercise-w%2F-alex</p>
<p>LMHF Wellness Video</p> <p>Workplace Violence with Tom</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Monthly Webinar</p>	<p>LMHF Wellness Video</p> <p>Breathing & Meditation with Steve</p> <p>https://lmhf.net/exercise-w%2F-steve</p>	<p>LMHF Wellness Video</p> <p>Plant Based Diet with Kelly</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Wellness Video</p> <p>Yoga for Your Back with Mike</p> <p>https://lmhf.net/exercise-w%2F-mike</p>
<p>Wellness with Your Pet</p>	<p>Wellness with Your Pet</p>	<p>FREE SQUARE</p>	<p>Wellness with Your Pet</p>	<p>Wellness with Your Pet</p>
<p>LMHF Wellness Video</p> <p>Heat Stress with Tom</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Wellness Video</p> <p>Chair Based Trauma Yoga with Lidia</p> <p>https://lmhf.net/exercise-w%2F-lidia</p>	<p>LMHF Wellness Video</p> <p>Understanding Melatonin with Soda</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Monthly Webinar</p>	<p>LMHF Wellness Video</p> <p>Power Yoga Flow with Steve</p> <p>https://lmhf.net/exercise-w%2F-steve</p>
<p>LMHF Wellness Video</p> <p>Mood & Your Mood with Kelly</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Wellness Video</p> <p>Health Supplements with April</p> <p>https://lmhf.net/health-%26-wellness</p>	<p>LMHF Wellness Video</p> <p>Grilled Salmon with Melissa</p> <p>https://lmhf.net/cooking-classes</p>	<p>LMHF Wellness Video</p> <p>Pilates 2 with Alex</p> <p>https://lmhf.net/exercise-w%2F-alex</p>	<p>LMHF Wellness Video</p> <p>Fruity Blast Smoothie with Sheri</p> <p>https://lmhf.net/cooking-classes</p>

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 Tammy Pudlewski Tammy.Pudlewski@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