


# BINGO

By completing these activities, you'll be integrating healthy habits into your daily and weekly routines, helping you feel more energized and balanced.

**Deadline: June 30, 2026**

Meet with your Primary Care Physician (PCP)	Create Your Own Wellbeing Activity:	Take a 15-minute walk outside	Cook a homemade meal instead of ordering takeout	Swap a sugary beverage for water or herbal tea
Do a 5-minute stretch session at work	Declutter your workspace for better productivity	Attend a Strive Monthly Webinar	Spend an evening without your phone	Set one work-life balance goal for a month
Join and complete the <i>Around the World</i> Challenge	Reduce added sugar for one day		Read the OCC Wellness Monthly Newsletter	Attend a Meditation Moment Session
Participate in an event hosted by OCC	Connect with a colleague over coffee or lunch	Complete a preventative exam	Stand up and move for 2 minutes every hour during the workday	Send a thank you email to a coworker
Listen to a podcast or TED Talk about wellness	Attend a DEI Meeting	Attend the April Wellness Presentation: <i>Sleep Matters</i>	Do an act of kindness for someone	Practice deep breathing for 2 minutes

SUBMIT HERE:



Name: \_\_\_\_\_

Date of BINGO completion: \_\_\_\_\_