



BINGO

<p>Register on the Virtual Health Fair website</p>	<p>Attend one live event</p>	<p>Meditate for five minutes</p>	<p>Stretch for five minutes</p>
<p>Take a walk between meetings</p>	<p>Stop using screens one hour before bed</p>	<p>Read for 20 minutes</p>	<p>Cook a healthy meal</p>
<p>Start your day with a glass of water</p>		<p>Try a new physical activity</p>	<p>Turn off social media for a day</p>
<p>Visit at least one vendor booth</p>	<p>Get 7+ hours of sleep</p>	<p>Declutter your work email inbox</p>	<p>Eat lunch away from your desk</p>