

MC WELLNESS SELF CARE WINTER WELLNESS BINGO

During winter vacation, complete the following wellness challenges:
 Complete one (1) column or row (horizontal, vertical, or diagonal),
 write the completion date on the box, and send your completed card to:
megan.cooperman@montgomerycollege.edu by **January 8, 2024**,
 to enter a raffle for prizes and \$50 gift cards.

Take a 20-minute winter walk	Avoid unhealthy snacks for 1 day	Help a friend, family member or stranger	Set 3 goals for yourself in 2024	Drink 8 glasses of water in 1 day
Declutter or organize a closet, room, or bag	Meditate for 5 minutes	Go for a run or walk with someone	Schedule your annual physical or dental cleaning	No screen time 1 hour before bedtime
Perform a random act of kindness	Spend 30 minutes in nature	FREE	Try a new fruit or vegetable	Write down 5 things you are grateful for
Go to bed early	Set 3 goals, big or small, for yourself in 2024	Eat your greens	Try a new exercise, sport, or fitness class	Concentrate on your breathing. Relax and slow down
Call someone you love	Try three yoga poses or stretches	Drink an extra glass of water in the morning and afternoon	Go for a morning walk or run	Celebrate a small or big accomplishment

If you complete one (1) row or column, you will get one (1) entry.

If you complete two (2) rows or columns, you will get two (2) entries.

If you complete the entire card, you will get four (4) entries.

Please contact [Megan Cooperman](mailto:megan.cooperman@montgomerycollege.edu) to request disability accommodation.