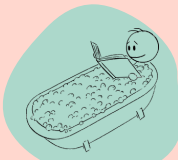


Stress Relief BINGO

*Complete six squares and win! Turn in your
completed Bingo card by April 14.*



*Attend a yoga
class*



*Take a hot
bubble bath*



*Go for a walk
outside*



*Cuddle with a
pet*



*Spend 10
minutes
meditating*



*Watch a
comedy*



*Have coffee or
tea w/ a friend*



Keep a journal



*Color or paint
something*



Welborn Foundation
Wellness & Fitness Center