

Wellness BINGO

Your Service to Members Committee invites you to participate in our **Wellness BINGO** during **May 1st to May 21st**.

Send in a picture of your completed BINGO page **by May 21st** to ServicetoMembers@edpub.org with your full name, school and home email to be entered into a draw for a \$25 Chapters gift card (20 winners will be drawn).

Post pictures of yourself completing the squares using **#EPTLbingo**. Don't forget to tag your Local **@EdPubTeachers** on Facebook or Twitter and **@eptl37** on Instagram!

Wellness

Drive somewhere you have never been	Take a picture of someone else's dog	Go to bed when you are tired	Read a book you WANT to read	Find a video that makes you laugh
Do something active	Eat something you love	Do something to relax	Stay Hydrated	Treat yourself
Reach out to someone that you haven't spoken to in awhile	Have a screen free evening	 Free Space	Wear comfy clothes	Sleep in or take a nap
Eat on time	Perform a random act of kindness	Enjoy your favourite beverage	Pay it forward	Bake or cook something
Watch 3 baby animal videos	Go on a nature walk	Have a social media free evening	Eat a fruit or veggie	Snap a selfie of you completing the bingo and post on social media #EPTLbingo

Bingo

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