



BLACK WELLNESS WEEK

BINGO

APRIL 13-17 | RECLAIM YOUR WELLNESS

Drink water before your first cup of coffee	Sit in silence for five minutes <i>- no screens</i>	Forgive yourself for one thing you've been carrying	Tell someone in your life how much they mean to you	Cook a meal from a family recipe
Name three things your body does well	Laugh on purpose	Share a wellness win with	Dance to a full song	Write down three things you're proud of
Read something that has nothing to do with work	Take a 20-minute walk <i>- no phone</i>	 ELEVATE BLACK WELLNESS <small>Our Health, Our Future</small>	Text someone just to say "thinking of you"	Learn one new thing about your family health history
Go to bed 30 minutes earlier than usual	Cry if you need to	Say no to something that doesn't serve your wellness	Stretch for five minutes before bed	Bring a friend into a healthy habit this week
Unfollow 1 social media account that drains your energy	Let yourself rest for at least 30 minutes	Schedule that health appointment you've been putting off	Look in the mirror and say something kind	Ask someone how they're really doing <i>- and listen</i>