

Live Healthy Live Well

Spring Into Wellness

B	I	N	G	
Get Active Today	Stick to Your Budget	Play a Board Game	Enjoy a Plant Based Snack	Take the Stairs Today
Avoid Plastic Today	Read a Book	Plan for Retirement	Go Outside	Smile 😊
Create an Emergency Fund	Listen to a Podcast	FREE	Nurture a Friendship	Volunteer
Do a Word Search	Be Kind	Half Your Plate Vegetables Today	No Spend Day	Take a Mindful Moment
Do a Good Deed for Someone	Create a Long-Term Financial Goal	Get Enough Sleep	Limit Screen Time Today	Avoid Drinking Sugar Calories

