

Mental Health Awareness Bingo Game: April 24-May 15, 2024

Check out the events for Mental Health Awareness Month & Employee Appreciation Week! For Bingo, first get 5 in a row, column, or diagonal. Next, checkbox each completed activity and turn in your Bingo card via [this google form](#) to be entered into a prize drawing. Winners will be selected at random. Need help? Check out the Bingo card FAQ- [click here](#)

<p>Take a free yoga class April 24, 26 or 29 or May 1, 3,6,8,10,13 or 15.</p>	<p>Watch one of the previously recorded FASAP webinars.</p>	<p>Take a 10-minute walk indoors or outdoors.</p>	<p>Participate in any event during Employee Appreciation Week May 5-11.</p>	<p>Attend a FASAP webinar on April 26 or 30 or May 3,6,7, 8 or 15.</p>
<p>Send a PAWS and Say Thanks ecard to a colleague.</p>	<p>Participate in any event during Employee Appreciation Week May 5-11.</p>	<p>Follow @WolfpackAtWork on X and tag @WolfpackAtWork to share what you are doing.</p>	<p>Make a new social connection at work or in your local community.</p>	<p>Register and join the Virtual Pet Show and Tell on May 7. Pets, except service animals, are not allowed in university offices</p>
<p>Attend a FASAP webinar on April 26 or 30 or May 3,6,7,8 or 15.</p>	<p>Join the staff and faculty walking group Tuesdays from 11:30 a.m. to noon.</p>	 <p>Mr. and Ms. Wuff's Free Space</p>	<p>Watch one of the previously recorded FASAP webinars.</p>	<p>Participate in any event during Employee Appreciation Week May 5-11.</p>
<p>Participate in any event during Employee Appreciation Week May 5-11.</p>	<p>Take a 10-minute walk indoors or outdoors.</p>	<p>Complete a 20- to 60-minute workout of your choice</p>	<p>Attend a FASAP webinar on April 26 or 30 or May 3,6,7,8 or 15.</p>	<p>Take a Free yoga class April 24, 26 or 29 or May 1, 3,6,8,10,13 or 15.</p>
<p>Follow @WolfpackAtWork on X and tag @WolfpackAtWork to share what you are doing.</p>	<p>Register and attend any stretch break on April 26, 30, or May 3, 7, or 14</p>	<p>Attend a FASAP webinar on April 26 or 30 or May 3,6,7,8 or 15.</p>	<p>Check out the FASAP Mental Health Awareness Toolkit and interact with two of the resources.</p>	<p>Send a PAWS and Say Thanks ecard to a colleague.</p>