


Mental Health Awareness Bingo: May 1 - 31 2023

Check out the events for Mental Health Awareness Month & Employee Appreciation Week! For Bingo, get 5 in a row, column, or diagonal. Next, checkbox each completed activity and turn in your Bingo card to Kelly Vance at kdvance2@ncsu.edu to be entered into a prize drawing. Winners will be selected at random. Need help? Check out the Bingo card FAQ- [click here](#).

Take a FREE YOGA CLASS here on May 3, 8, or 10, plus additional dates	VISIT the WellRec Center for a FREE 30 day trial membership	Take a 10-minute walk indoors or outdoors	Participate in any event during Employee Appreciation Week May 8-12	Try Guided Meditation. Here's an online resource .
PAWS and Say Thanks to a colleague Click here to learn more.	Participate in any event during Employee Appreciation Week May 8-12	Follow us on Twitter @WolfpackAtWork	Make a new social connection at work or in your local community.	Check out the Wellness Webinars offered by OSHR here
Attend a FASAP webinar on May 4, 8, or 16. Register in the FAQ	Try Guided Meditation. Here's an online resource .	 Mr. & Ms. Wuff's FREE SPACE	VISIT the WellRec Center for a FREE 30 day trial membership	Participate in any event during Employee Appreciation Week May 8-12
Participate in any event during Employee Appreciation Week May 8-12	Take a 10-minute walk indoors or outdoors	Complete a 20-60 minute workout of your choice	Attend a FASAP webinar on May 4, 8, or 16. Register in the FAQ	Make a new social connection at work or in your local community.
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