

# Social Wellness

## B I N G O

Jumpstart your social wellness journey with a fun BINGO challenge! Invite friends and family to participate in daily social activities, enhancing connections and boosting mental health and memory.

Join a Pen Pal program	Learn something new together	Volunteer	Give a small gift	Join a club or a group
Play a game	Go for a walk with someone	Help a neighbor	Practice mindful listening	Attend a networking event
Write a positive review	Participate in a group exercise class	 <b>FREE</b>	Gather a group of friends for dinner	Attend a social event
Share a meal	Send a Thank You note	Organize a group outing	Share a personal story	Offer to help a stranger
Reconnect with an old friend	Random act of kindness	Introduce yourself to someone new	Express gratitude	Share a book or movie recommendation

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