

Name: _____

Please return to Jenkins.188@osu.edu
or fax to 513-732-7060

Live Healthy Live Well

Unwrap Your Gifts

B	I	N	G	
Create a Holiday Budget	Enjoy an Apple	What are You Grateful for Today?	Take a Walk Outside	Declutter a Space in Your Home
Cash Only Today	No Sugary Drinks	Read a Book	Enjoy the Fall Colors	Take the Stairs
Try a New Vegetable for Dinner	Listen to a Podcast	FREE	Call a Friend	Volunteer
Practice Self-Care Today	Give the "Gift of Time"	Have Dinner with Family	No Spend Day	Sterilize Digital Devices
Smile ☺	Create a Long-Term Financial Goal	Go to Bed an Hour Earlier	Reuse a Box/Bag for Gift Wrapping	Plan FUN for Today

