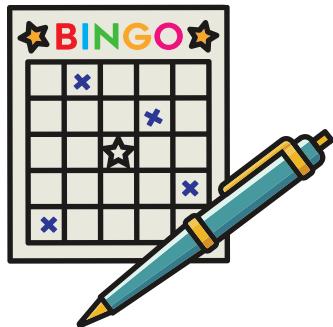


Celebrate 10 Years of Wellness with WorkWell NYC!



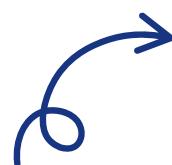
It's our 10th anniversary!
To celebrate, we're playing 10 Year Anniversary Bingo.

How to play:

1. Complete and check off at least five 2026 activities in a row, column, or diagonal line to get a Bingo
2. Visit on.nyc.gov/10yearbingo to submit your completed card
3. Receive an exclusive prize!

Squares with a * have an online resource to help you!

To find them, visit on.nyc.gov/bingolinks.



Squares with a ^ mean the program is offered periodically. Check back often!

Need a new card? Visit on.nyc.gov/bingocard.

Questions? Email workwell@olr.nyc.gov.



nyc.gov/workwellnyc



WorkWell NYC

Celebrate 10 Years of Wellness with WorkWell NYC!

1. Complete and check off at least five 2026 activities in a row, column, or diagonal line to get a Bingo
2. Visit on.nyc.gov/10yearbingo to submit your card
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Attended a digital fitness class*	Visited the Art is Life gallery*	Tried a new fruit/vegetable	Did something creative	Got my flu shot*^
Followed WorkWell NYC on Instagram*	Attended a WorkWell NYC webinar*^	Visited my PCP for an annual physical	Walked outside for 10 minutes	Visited a PARKS recreation center*
Talked to WorkWell NYC staff in-person	Joined Deferred Compensation Plan*	 (Free space!)	Filled out the WorkWell NYC Pulse survey*^	Met my worksite's Wellness Ambassador*
Drank 8 cups of water in a day	Meditated for 10 minutes	Registered for Let's Move NYC*^	Visited DOT Open Streets*	Followed WorkWell NYC on LinkedIn*
Visited a health fair	Visited a farmers market*	Got 8 hours of sleep	Said something nice about myself	Visited the Let's Talk Toolkit*



nyc.gov/workwellnyc

