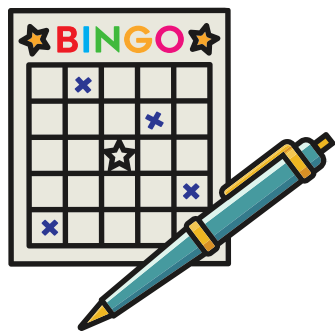


Celebrate 10 Years of Wellness with WorkWell NYC!



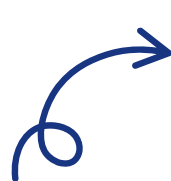
It's our 10th anniversary!
To celebrate, we're playing
10 Year Anniversary Bingo.

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



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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

