

Healthy
People
Brighter
Days ♡

September 2026 Wellness Bingo

Stronger
Healthier
Happier
Together

Complete activities during the month and see how many squares you can mark!

B

I

N

G

O

Drink a glass
of water



Take a beach
or park walk



Stretch for
5 minutes



Share a smile



Try chair
yoga



Eat a healthy
snack



Listen to
calming music



Take 3
deep breaths



Say one thing
you're grateful for



Spend time
outside



Dance to a
favorite song



Visit the Coos
History Museum



**FREE
SPACE**



Talk with
a friend



Practice
good posture



Enjoy a picnic
or fresh-air break



Do a simple
craft



Try a balance
exercise



Take a scenic
drive



Laugh with
someone



Choose a fruit
or veggie



Relax quietly
for 5 minutes



Toss a ball or
play a game



Attend Salmon
Celebration or
a Tribal Event



Go to the Bay Area
Fun Festival Parade



COMMUNITY ♡ WELLNESS ♡ CONNECTION ♡ BELONGING

Same
Beautiful
Tomorrow ♡

A Brighter, More Independent Tomorrow ♡

KIND PEOPLE
STRONGER
COMMUNITIES
BRIGHTER DAYS ♡