




Let's Play Bingo! **Winter Wellness Challenge**

Join Tlingit & Haida's wellness challenge and complete all activities on the bingo card for a chance to win a gift box with salmon, Hudson Bay tea, Devil's Club salve, and more!

-BINGO CARD-

TAKE A WALK	EAT A HEALTHY BALANCED MEAL	LISTEN TO MUSIC
USE A HAPPY LIGHT	 FREE	YOGA OR MEDITATION
WATCH A FUNNY VIDEO	GET GOOD SLEEP	START A NEW HOBBY

How to Play: Complete and submit a photo of your bingo card to bcarlos@tlingitandhaida.gov by January 31, 2026.