

SPRING INTO WELLNESS

BINGO

with CVM Staff Council

climb the
VRT stairs
bottom to
top

enjoy lunch
with a
coworker

attend a Let's
Meditate
session with
Cornell Health

tidy your
workspace

follow a
stretching
video on
YouTube
(example)

list 5 things
you're
grateful for

attend a
professional
dvp workshop
with ODE

movement of
choice for 20
minutes

enjoy lunch
outside

meet with a
retirement rep
about your
financial
future

use a Cornell
Perk through
Working at
Cornell

complete the
CVM Paw
Walk

**FREE
SPACE**

spend time
with animals

try a
crossword

eat your
favorite fruit

read a book

try out chair
yoga
(example)

visit the well-
being
community
room

attend a
community
event (at home
or on campus)

express your
appreciation
for a coworker

list 5 things
you're good
at

eat your
favorite
vegetable

walk to a
new-to-you
spot on
campus

do a creative
activity (up to
your
interpretation)