

B	I	N	G	O
Self-care	Acute	Disability	Mood swings	Insomnia
Depression	Past Injury	Medication	Arthritis	Mindfulness
Pain	Surgery	FREE	Carpal Tunnel Syndrome	Fibromyalgia
Genetics	Muscle Aches	Inflammation Anxiety	Fatigue	Joint Pain
Exercise	Co-occurring	Migraines	Tissue Damage	Diet

B	I	N	G	O
Surgery	Arthritis	Mood swings	Depression	Medication
Disability	Tissue Damage	Insomnia	Co-occurring	Mindfulness
Genetics	Carpal Tunnel Syndrome	FREE	Fibromyalgia	Acute
Fatigue	Migraines	Self-care	Diet	Muscle Aches
Inflammation Anxiety	Joint Pain	Pain	Past Injury	Exercise

B	I	N	G	O
Co-occurring	Migraines	Arthritis	Join Paint	Carpal Tunnel Syndrome
Self-care	Genetics	Inflammation Anxiety	Past Injury	Insomnia
Pain	Diet	FREE	Muscle Aches	Fatigue
Surgery	Mindfulness	Mood swings	Tissue Damage	Disability
Fibromyalgia	Acute	Medication	Depression	Exercise