

B	I	N	G	O
Therapy	Attending Mental Health Appointments	Attending Medical Appointments	Family	Recovery
Meditation	Dermatologist	Support	Nutrition	Avoiding Tobacco
Positivity	Social Worker	FREE	Vegetables	Breakfast
Neurologist	Healthy Habits	Stress Management	Dentist	Hydration
Self-Care	Medical Assistant	Physical Health	Medical Records Tech	Smile

B	I	N	G	O
Positivity	Goals	Stress Management	Healthy Habits	Fruits
Mental Health	Hydration	Friends	Breathing	Coping Skills
Motivation	Meditation	FREE	Medication	Balance
Confidence	Relaxation	Breakfast	Support	Avoiding Tobacco
Vegetables	Stretching	Avoiding Alcohol	Neurologist	Recovery

B	I	N	G	O
Mental Health	Balance	Healthy Sleep Habits	Motivation	Stress Management
Hygiene	Meditation	Dermatologist	Family	Pharmacist
Vitamins	Routine	FREE	Positivity	Nutrition
Sleep	Breathing	Dental Hygienist	Physical Health	Mindfulness
Avoiding Alcohol	Healthy Habits	Attending Medical Appointments	Medication	Dentist