

B	I	N	G	O
Take boxing classes	Allow extra time for everything	Enjoy friendships	Set priorities	Positive Attitude
Eat slowly	Stay focused	Seek knowledge	Ask for help	Stay connected
Take dance classes	Count your blessings	FREE	Seek humor	Maintain a healthy weight
Do yoga	Meditate	Stay active	Participate in research	Seek rehab (OT PT Speech)
Stay connected	Focus on important tasks	Exercise	Reduce stress	Do what you love

B	I	N	G	O
Seek humor	Positive Attitude	Count your blessings	Stay connected	Do what you love
Stay active	Maintain a healthy weight	Meditate	Stay focused	Ask for help
Take dance classes	Set priorities	FREE	Reduce stress	Eat slowly
Enjoy friendships	Seek knowledge	Stay connected	Do yoga	Seek rehab (OT PT Speech)
Allow extra time for everything	Take boxing classes	Talk about your PD	Enjoy family	Exercise

B	I	N	G	O
Seek humor	Eat slowly	Seek rehab (OT PT Speech)	Enjoy family	Ask for help
Allow extra time for everything	Talk about your PD	Enjoy friendships	Take dance classes	Do yoga
Stay focused	Stay connected	FREE	Participate in research	Set priorities
Do what you love	Reduce stress	Meditate	Maintain a healthy weight	Count your blessings
Stay connected	Positive Attitude	Exercise	Seek knowledge	Take boxing classes