

BINGO Calls – Monday, May 16, 2022

The following bingo words were randomly selected by Oliver Miaral (Maintenance) for Monday, May 16. Mark your card if you have these words. See the game rules at http://www.knowlescentre.org/wcm-docs/docs/2022_mental_health_may/bingo_rules_2022.pdf.

1. Apple

Apples are one of the most popular fruits — and for good reason. They're an exceptionally healthy fruit with many research-backed benefits. Here are 10 impressive health benefits of apples.

1. Apples are nutritious
2. Apples may be good for weight loss
3. Apples may be good for your heart
4. They're linked to a lower risk of diabetes
5. They may have prebiotic effects and promote good gut bacteria
6. Substances in apples may help prevent cancer
7. Apples contain compounds that can help fight asthma
8. Apples may be good for bone health
9. Apples may protect against stomach injury from NSAIDs
10. Apples may help protect your brain



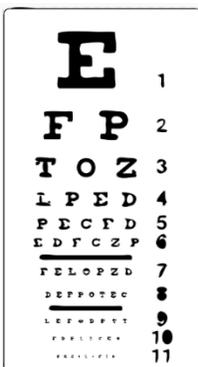
Source: www.healthline.com/nutrition/10-health-benefits-of-apples

2. Manulife Vitality

Everyone wants to live their longest, healthiest life. From little habits to big changes, your overall health is determined by your daily lifestyle choices. Manulife Vitality is a program that helps you understand your health and motivates you to keep reaching your goals.

Everyone can use the site at <https://www.manulife.ca/personal/plan-and-learn/healthy-living.html>. Knowles Centre employees covered by the Extended Health & Benefits program may be eligible for additional rewards. Check with Human Resources for more information.

3. Eye Exam



An eye exam helps detect eye problems at their earliest stage — when they're most treatable. Regular eye exams give your eye care professional a chance to help you correct or adapt to vision changes and provide you with tips on caring for your eyes. And an eye exam might provide clues to your overall health.

Keep going for more of today's Bingo words!

4. Play

Play invites creativity and collaboration, and can inspire you to think out of the box! Take a recess and learn about the benefits of connecting with your inner-child. Learn more at:



https://www.ted.com/talks/stuart_brown_play_is_more_than_just_fun?referrer=playlistthe_importance_of_play

5. Sleep Hygiene

(Important! “Sleep” and “Sleep Hygiene” are different bingo words!)



Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep. Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

**See list of winners and available prizes
to be won on the next page**



BINGO Winners

One line in any direction

(3 x \$20 Amazon gift cards available to be won)

1. Kim Sawchuk (SAIL)
2. Sheri Boyce (GCTP)
- 3.

Four corners

(3 x \$20 Amazon gift cards available to be won)

1. Grant Obirek (Admin)
- 2.
- 3.

Small house

(2 x \$40 Amazon gift cards available to be won)

- 1.
- 2.

Lucky 7

(2 x \$50 Amazon gift cards available to be won)

- 1.
- 2.

Diagonal cross

(2 x \$50 Amazon gift cards available to be won)

- 1.
- 2.

Full house

(1 x \$100 Amazon gift card available to be won)

- 1.