

## Wellness Bingo



**4.92 / 5.0 rating**

Virtual 45 min 10 - 1,000 guests \$30 pp

Available May

13

Say goodbye to stress and hello to self-care as we embark on a fun-filled bingo adventure focused on well-being. Wellness Bingo is all about promoting health, relaxation, and connection among your team. From the comfort of your home office, participate in a series of wellness-themed bingo challenges that will inspire healthy habits and a balanced lifestyle.

Discover a variety of wellness activities as you mark off squares on your virtual bingo card, each representing a different aspect of self-care. Whether it's practicing mindfulness, taking a virtual stretch break, enjoying a nutritious snack, or expressing gratitude, there's something for everyone to explore. Connect with colleagues as you share your experiences, tips, and accomplishments in a supportive and uplifting virtual environment.

You'll have the opportunity to engage in live activities such as guided meditation, desk yoga sessions, healthy recipe sharing, and more. Learn practical tips for incorporating wellness into your daily routine.

Whether your team is full of wellness enthusiasts or are new to the world of self-care, Wellness Bingo offers an interactive way to prioritize your team's health and happiness, in and out of the office.

### Agenda

#### Welcome + intro

Our friendly host will welcome your guests into the virtual room and give a quick rundown of how Wellness Bingo works. This welcome sets the tone for a fun, serene adventure focused on a proven methodology for better wellness. 5 minutes

#### Wellness Bingo

Your group will enjoy a series of Bingo-inspired prompts centered around Martin Seligman's research methods into well-being. Each prompt is carefully curated to offer practical tips for improving wellness in and out of the office. 35 minutes

#### Wrap up + conclusion

Your wellness facilitator will wrap up the event with lessons learned and key takeaways, leaving your group with actionable items they can implement into their lives. 5 minutes

#### Total

**45 minutes**

### Your Experience

- 45 minutes with a professional teambuilding.com host.
- Takes place on our Zoom account by default.
- Includes all game materials for effective team building.
- We take fun team photos you can share anywhere.

### Things to Know

- You can book for an estimated # of guests and update it later. Added guests are invoiced at the per person rate and removed guests are credited to your teambuilding.com account.
- All participants must have a computer with web cam, microphone and internet connection capable of doing a video call. No downloads required.
- Book as a standalone event at our standard pricing, or book as part of our Virtual Social Calendar package to outsource your event planning to our team of industry experts.

### Your Host Team



#### Lead Host

This experience is led by an expert teambuilding.com host that makes sure everyone participates and has a great time.



#### Co-Host

A co-host manages the technical aspects and "behind the scenes" work so that it all runs smoothly.



#### **VIP Support**

VIP Support is your point of contact before the experience and handles any follow up tasks.



#### **Client Advisor**

Your client advisor can help with customizations, large groups and multi-event packages.

## **About teambuilding.com**

We build and run world class team building experiences, with 1,000,000+ participants and 45,000+ clients to date. You can choose from 50+ experiences, both in-person and virtual that are designed to maximize participation, engagement, teamwork and happiness. Every experience is led by an expert teambuilding.com host with substantial training to make sure your experience exceeds expectations.