

GANNETT BINGO

2025 Benefits & Well-Being Fair

Visit the Garner Health Booth	<u>Attend Garner Health Webinar Live or Replay</u>	Register on the <u>Garner Website</u>	Visit the Omada <u>Booth</u>	Register on <u>Homepage</u>
<u>Attend at Least 3 Live Events</u>	<u>Visit at Least 5 Vendor Booths</u>	Create a Mental Health Goal	Try a New Physical Activity	Turn Off Social Media for a Full Day
Cut Out Sugary Drinks for a Day	Put Phone Away One Hour Before Bed	Register on the <u>Garner Website</u>	Try a New Healthy Recipe	Eat Lunch Away from Your Desk
Register on the <u>Garner Website</u>	Get 7+ Hours of Sleep	Review the 2026 Open Enrollment Guide	<u>Visit Fidelity for a Financial Wellness Check-up</u>	Ensure Your Beneficiaries Are Up to Date on 401(k), life, and HSA
Listen to Music	Try a Meditation	Register on the <u>Garner Website</u>	<u>Visit the ComPsych Booth</u>	Try a New Hobby

[Submit your Board Here](#)