



Health and Wellness Bingo

February 7th to March 7th, 2022 Open to all Lakers!

A 4-week challenge to encourage you to prioritize your wellness
and take small steps towards the best version of yourself.

More information available at www.nipissingu.ca/counselling

Register for our free virtual live events.

Mark off the squares as you complete the activities and
challenge other Lakers to join you.

Move your body	Do a random act of kindness	Attend Healthy Eating Class with Tara	Laugh so hard you cry	Take a nap
Attend Guided Meditation with Grounded Studios	Build a snowman	Limit screen time after 9pm	Create a to do list	Attend Indigenous Art Healing with Nikki Jo
Spend time with a loved one	Take a hot bath or shower	 FREE SPACE	Attend Stain Glass Art class with The Workshope	Read a book or article for FUN
Do one thing you are avoiding	Spend time outside	Attend Chair Yoga with Grounded Studios	Allow yourself to cry and feel	Try an activity new to you
Tell one person your honest feelings	Attend Kickboxing with Grounded Studios	Clean your space	Attend String Art class with The Workshope	Try a new winter activity

Come to Student Development and Services (B210), show us you've completed one line and win
a pair of LAKERS socks (only available in-person).

Unable to attend campus in-person?

Email counselling@nipissingu.ca your card showing you've completed one line to be entered to win some
AMAZING wellness prizes.

Get an extra entry by sending us a selfie completing one of the squares,
for attending a LIVE event and for blacking out the entire card.



Virtual Wellness Events

Limited spaces available, registration is required

All events on Zoom

For more details see the event page

String Art with The Work Shoppe
Tuesday February 8 7-8pm
Deadline to Register: February 6
Kit available in B-210

Stained Glass Mandala Painting
with The Work Shoppe
Tuesday February 22 7-8pm
Deadline to Register: February 15
Kit Available in B-210

Indigenous Art Healing with Nikki Jo
Monday February 28 1-3pm
Deadline to Register: February 21
Kit available in B-210

Healthy Eating with Dietitian Tara Blake
Make your own
Burrito Bowl and Apple Nachos
Tuesday March 1 7-8pm
Deadline to Register: February 23
\$20 gift card to No Frills available in B-210



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Chair Yoga with Grounded Studios
Wednesday February 9 6:30-7:30pm

Dress comfortable
Have a stable chair (no wheels)

Guided Meditation with Grounded Studios
Wednesday February 16 6:30-7:30pm

Dress comfortable and have a blanket

Muay Thai Kickboxing with
Grounded Studios
Wednesday February 23 7:45-8:30pm

No experience required
No equipment required

Supports Available to Lakers

Student Counselling Services

counselling@nipissingu.ca

Student Intervention Services

sis@nipissingu.ca

Sexual Violence Prevention and Education

svsupport@nipissingu.ca

Peer Support

peersupport@nipissingu.ca

