

Minority Health Month Community Bingo Board

Share Your Bingo!

When you get a bingo, take a selfie with your completed card and post on social media with, #wearedaytonchildrens

B	I	N	G	O
Visited a local MetroPark and snapped a selfie	Ate dinner as a family	Completed a midday, lunchtime walk	Supported a local organization by volunteering at least 2 hours	Explored another culture through food. (Either a family meal or a local restaurant)
Shopped at a local, minority-owned business	Practiced gratitude and mindfulness through journaling	Did some spring cleaning to get rid of allergens	Read a book to a child or signed up for Imagination Library (For children 5 and under)	Got 8 hours of sleep
Ate something green with your meal	Swapped 1 hour of TV time for a walk with the family	Minority Health Month FREE	Drank 6-8 glasses of water a day	Got your blood pressure checked
Made a phone call to check in on a friend	Got your car seat checked by a certified child passenger safety technician	Visited Gem City Market	Visited Dayton Children's Hospital injury prevention blog and read article	Scheduled at least one preventative care appointment (dental, physical, or eye exam)
Encouraged a family member to schedule a "well check"	Joined the On Our Sleeves movement	Completed at least 20 minutes of physical activity with a family member	Checked out Montgomery County Public Health webpage for local Minority Health Month events	Achieved a personal health-related goal for the month

Need help getting BINGO! Check out the following websites:

- Join the On Our Sleeves Movement: www.childrensdayton.org/onoursleeves/join
- Sign up for Imagination Library: ohioimaginationlibrary.org/enroll
- Check out an article on injury prevention: www.childrensdayton.org/the-hub/news-and-blog
- Sign up to get your car seat checked here: www.childrensdayton.org/safekids
- Look up minority-owned businesses: www.daytoncvb.com/black-owned-businesses/



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