

B I N G O

Mat Pilates	Any Yoga or Stretch Class	Care Navigation Appointment	Dance Fitness	Sound Healing or Bedtime Sound Bath
Healing Through Natural Medicine	Cooking and Nutrition	Functional Strength training	Mat Pilates	Any Yoga or Stretch Class
Program Consult with WHC	Functional Strength Training		Tai Chi	Mat Pilates
Any Yoga or Stretch Class	HIIT	Mat Pilates	Body Sculpt	Dance Fitness
Functional Strength Training	Sound Healing or Bedtime Sound Bath	Cooking and Nutrition	Any Yoga or Stretch Class	HIIT

Name: _____

Email: _____