

NorthLakes

COMMUNITY CLINIC

B**I****N****G****O**

Walked
5 Days
in a Row

Brushed
and
Flossed

Used
Sunscreen

Exercised

Read a
Book

Drank
Water
Daily

Did 25
Push Ups

Created
Some Art

Swam

Checked
for
Ticks

Meditated

Wrote
a
Letter

FREE SPACE
Made a
NorthLakes
Appointment
FREE SPACE

Tried a
New
Recipe

Wore my
Mask

Got on
the Water

Ate my
Veggies

Talked to
a
Neighbor

Checked
Blood
Pressure

Practiced
Social
Distancing

Talked to
a Friend

Checked
my Chronic
Condition

Looked at
the Stars

Lost
Some
Weight

Washed
my Hands

Get Bingo - Return Your Card - Win Prizes

HOW TO PLAY

Get BINGO (Five in a row in any direction)

Return card by August 4.

E-mail your card to marketing@nlccwi.org

Mail card: NorthLakes Community Clinic

719 Main Street East

Ashland, WI 54806

You will be entered to win prizes.

Winners will be announced on Facebook during
National Health Center Week August 9 - 15.

YOUR INFORMATION

NAME: _____

E-MAIL ADDRESS: _____

PHONE NUMBER: _____

MAILING ADDRESS: _____

NorthLakes shares messages about our programs and services.

Would you like to receive them?

YES NO

When is the last time we have connected?
Our Clinics are ready to serve you virtually
and in person. Don't delay your care.
Contact us to make an appointment.
888.834.4551