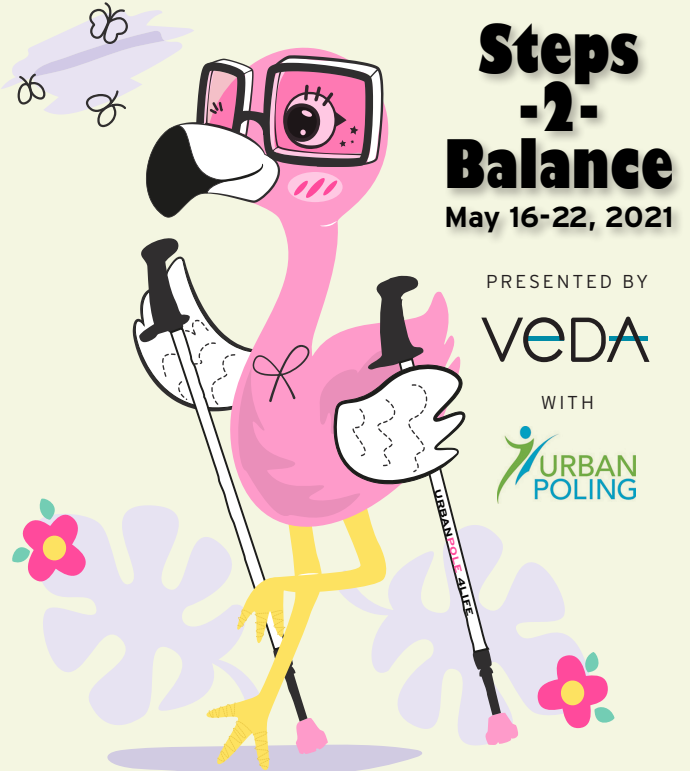


FIONA FLAMINGO BINGO

DO THE FLAMINGO	MOVE AFTER A MEAL	STAND, DON'T SIT	BUDDY UP	UP YOUR FIT
GET SOCIAL	SET AN ALARM	START A CONTEST	GO OUTDOORS	KICK IT OUT
CHOOSE ONE	GET CRAFTY		REWARD YOURSELF	BREATHE UP
BE IMPERFECT	TRACK YOUR PROGRESS	ASK FOR HELP	TREAT YOURSELF	PULSE THOSE POLES
MEDITATE	TRY YOGA	SAVE THE DATE	EAT A HEALTHY MEAL	DO THE TWIST



HOW TO PLAY

Steps-2-Balance Week is May 16-22, 2021. Between now and then, cover as many squares on your bingo card by doing the activity shown.

These “Steps-2-Balance” are meant to be fun and activities that everyone can do. You know your own limits, so *please make sure that safety is your top priority when doing each activity!*

Learn more about each activity by following VeDA on social media (Facebook, Twitter, Instagram, and Pinterest).

Post your bingo card on social media and use the hashtags **#fionaflamingobingo #vestibularveda #urbanpoling** and **#liferebalanced**.

Email a photo of your bingo card to **flamingo@vestibular.org** with however many squares you play, and you will be entered into a drawing for a pair of **ACTIVATOR® Poles by Urban Poling!**

COVID-19 CONSIDERATIONS: To decrease your chance of getting and spreading COVID-19, the U.S. Department of Health and Human Services/ Centers for Disease Control and Prevention (CDC) recommends that people do not gather with others who do not live with you at this time. Attending events and gatherings increases your risk of getting and spreading COVID-19. *Please take all precautions to protect your health!*



Everyone who raises \$1,500 or more in the Steps-2-Balance fundraising campaign will receive a pair of Activator Poles by *Urban Poling!*

Learn how you can participate at: steps2balance.org



vestibulardisorders



vestibularveda