



GROW THROUGH
WHAT YOU
GO THROUGH

BINGO



GRAND RAPIDS EDITION

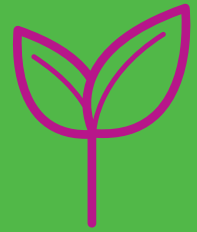
<p>Visit Pink Lounge: Dry Salt Therapy!</p> <p>3105 Broadmoor Ave. SE, Kentwood, MI</p>	<p>Soak up some sunshine and take a walk and listening to the world around you!</p>	<p>Shop Oars & Alps online & use promo code EM15 for 15% off!</p> <p>www.oarsandalps.com</p>	<p>Have a self-care night. Turn on your favorite show or movie. Don't forget your favorite snacks!</p>	<p>Journal about your day. Make note of three things you enjoyed about today.</p>
<p>Grab a bite to eat at Buddy's Pizza!</p> <p>4061 28th St. SE, Grand Rapids, MI</p>	<p>Join Money Smart Monday on May 19th to learn about Fraud, Scams, and Cybersecurity!</p> <p>https://bit.ly/GTWYGT-25</p>	<p>Listen or sing along to your favorite songs.</p>	<p>Bake or cook a new recipe!</p>	<p>Schedule a session at Break Room Therapy!</p> <p>7988 Clyde Park Ave. SW, Byron Center, MI</p>
<p>Pick a task from your to-do list that you may have been putting off and accomplish that task!</p>	<p>Visit Stretchlab (EGR or Knapps Corner) and get a 50-minute intro session for \$49.</p> <p>East GR: 2237 Wealthy St. SE</p> <p>Knapps Corner: 2002 E. Beltline Ave NE</p>	 <p>Free Space</p> <p> easterseals MORC</p>	<p>Stop by Pottery Lane and indulge in your creative side!</p> <p>401 Hall St. SW, Ste. 128B, Grand Rapids, MI</p>	<p>Make a vision board with inspirational quotes and photos that represent your goals!</p>
<p>Try REV Revitalize 100% natural juices!</p> <p>125 Ottawa Ave. NW, Suite 120 Grand Rapids, MI</p>	<p>Color in a coloring book!</p>	<p>Join a Blue Cross Blue Shield of Michigan's Virtual Well-BeingSM webinar or listen to a complimentary sound-bath!</p> <p>https://bit.ly/GTWYGT-25</p>	<p>Get your body moving and take a class at Friction Crossfit.</p> <p>2640 Burlingame Ave. SW, Suite A Wyoming, MI</p>	<p>Stop by Grand Rapids Wellness for some self-care!</p> <p>3351 Eagle Run Dr. NE, Grand Rapids, MI</p>
<p>Curl up with a cozy blanket and take a nap!</p>	<p>Try a class at Fever: Yoga - Cycle - Strength</p> <p>1154 Wealthy St. SE, Grand Rapids, MI</p>	<p>Check out the selection of treats and gifts Art of the Table.</p> <p>606 Wealthy St. SE, Grand Rapids, MI</p>	<p>Bring your BINGO board to Great Lakes Glow Golf for a discount on a round of minigolf!</p> <p>3494 Plainfield Ave. NE, Grand Rapids, MI</p>	<p>Turn on your favorite playlist or artist and have a dance party!</p>

THANK YOU FOR PARTICIPATING IN



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BINGO



TO ENTER OUR GRAND RAPIDS
GIVEAWAY WITH YOUR "BINGO," SCAN THE
QR CODE OR VISIT THE LINK BELOW:



[HTTPS://BIT.LY/2025-BINGO-BOARD](https://bit.ly/2025-bingo-board)

A qualifying "bingo" is five (5) diagonal, vertical, or horizontal spaces in a row that are marked off. If your bingo board has more than one bingo, your submission will count for two entries towards the giveaway. To be eligible to win, your board must be submitted by June 6th, 2025. The winner will be contacted and announced LIVE on social media on June 9th, 2025.