

Parks Bingo

Nature is Strong Medicine

Numerous studies and scientific research demonstrate that a bit of time in nature benefits the body and the mind. Time outdoors can help us find emotional health and balance.

How to Play

Complete three activities on the card below – either in a row, a column, or diagonally. Fill in the blanks, add your name and the date, and submit it to HR by August 29, 2024. Winners will be drawn on August 30.

Ideas

- Go for a walking meeting in a park.
- Pack a lunch and enjoy it at a park.
- Meet your family or a friend after work for a walk.
- Get a group together for disc golf or geo-caching.

West Michigan has plenty of parks! Consider one of these options, or visit a city, state or county park near you.



Ottawa
County Parks



Muskegon
County Parks

Visited _____ Park, with a view of Lake Michigan	Visited favorite park: _____	Walked a trail at _____ Park
Visited _____ Park for the first time	Walked a trail at _____ Park	Took a friend to _____ Park
Walked a trail at _____ Park	Visited _____ Park and tried a new activity: _____	Had a picnic at _____ Park

Name

____/____/____
Date



North Ottawa
Wellness Foundation

Provided in collaboration with the North Ottawa Wellness Foundation.
For more wellness resources, visit northottawawellnessfoundation.org