




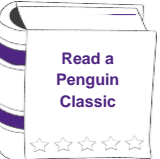



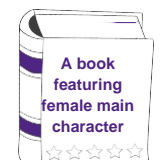







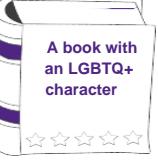

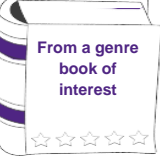






BOOK BINGO



Book Bingo can help foster a love for literature while promoting mental stimulation and cognitive health.

Instructions:

- **Rate it!** Colour in the number of stars you would give the item out of five
- You have the month of January to work toward finishing the whole card!
- At the end of X, [send in your card to LivingWell@Western](mailto:LivingWell@Western) for a chance to win a prize. You get one entry per line to a maximum of five entries.
- Each entry will also receive Internal Wellness Rewards Points

 <p>A book written by a local author</p> <p>☆☆☆☆☆</p>	 <p>A book to movie or show adaptation</p> <p>☆☆☆☆☆</p>	 <p>Read the first book in a series</p> <p>☆☆☆☆☆</p>	 <p>Read a Penguin Classic</p> <p>☆☆☆☆☆</p>	 <p>Read a Biography</p> <p>☆☆☆☆☆</p>
 <p>A book written 20 or more years ago</p> <p>☆☆☆☆☆</p>	 <p>A book with illustrations</p> <p>☆☆☆☆☆</p>	 <p>A book featuring female main character</p> <p>☆☆☆☆☆</p>	 <p>A book that explores mental health</p> <p>☆☆☆☆☆</p>	 <p>A book that is set in a different time period</p> <p>☆☆☆☆☆</p>
 <p>A book set in your favourite place</p> <p>☆☆☆☆☆</p>	 <p>A book recommended by someone</p> <p>☆☆☆☆☆</p>		 <p>Listen to an audiobook</p> <p>☆☆☆☆☆</p>	 <p>A book with a one-word title</p> <p>☆☆☆☆☆</p>
 <p>A book with an LGBTQ+ character</p> <p>☆☆☆☆☆</p>	 <p>A graphic novel or comic book</p> <p>☆☆☆☆☆</p>	 <p>From a genre book of interest</p> <p>☆☆☆☆☆</p>	 <p>A book that was turned into a musical</p> <p>☆☆☆☆☆</p>	 <p>A book set in a place you would like to visit</p> <p>☆☆☆☆☆</p>
 <p>A science fiction or fantasy book</p> <p>☆☆☆☆☆</p>	 <p>Listen to a podcast</p> <p>☆☆☆☆☆</p>	 <p>Read a short story</p> <p>☆☆☆☆☆</p>	 <p>Read a research article</p> <p>☆☆☆☆☆</p>	 <p>Read a magazine</p> <p>☆☆☆☆☆</p>

BOOK BINGO



How to Access Reading Materials for Free!

- Visit a local “little library” (neighbour lending library stations) to borrow a book
- Stop by [a local branch of the London Public Library](#)
- Borrow virtually! London Public Library has e-books, magazines and audiobooks available via the Libby app.
- Connect with a Western librarian or library staff member for support accessing articles, books, and for good recommendations!
- Telus Health has a number of health and wellness-related articles, podcasts and videos all in one place on [the EAP Telus One Platform](#)
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