



Nourish to Flourish

SOUTH CAROLINA

B I N G O

To play Nourish to Flourish BINGO you will need:

- 1 set of 25 BINGO chips per participant
- Calling Cards (Page 1 and Page 2) of 40 different Nourish to Flourish call out words/numbers.
- Nourish to Flourish Strategy statements (Pages 3 - 8)
- 1 BINGO card per participant (40 unique BINGO cards per set)

Instructions:

1. Distribute one BINGO card per participant and 25 BINGO chips per participant.
2. Cut out the images from the Calling Cards and place them into a bag. Pull out randomly one square per call. With each announcement, read of the Nourish to Flourish Strategy associated with the call out word/number.
3. Participants will place a bingo chip over the announced item on their BINGO card.
4. When a participant has either a full row, a column, or a diagonal - they yell out BINGO! The game is won.

CALLING CARDS (Page 1)



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**DEPARTMENT
ON AGING**



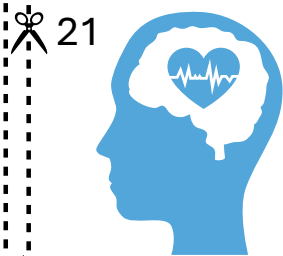
CALLING CARDS (Page 2)



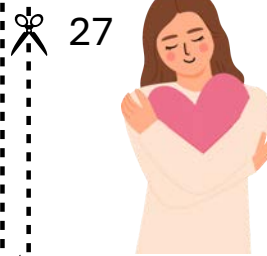
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Swimming



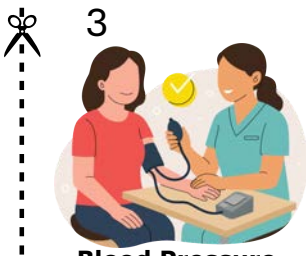
Mental Health



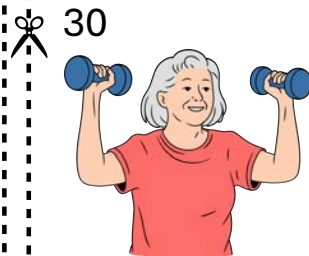
Self-Care



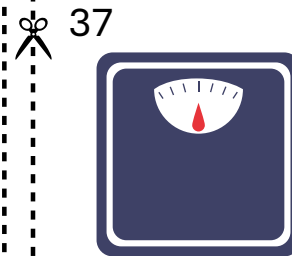
Biking



**Blood Pressure
Control**



Strength Training



Weight Control



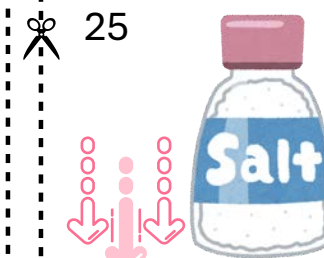
Jogging



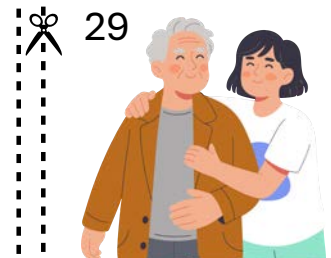
Healthy Eating



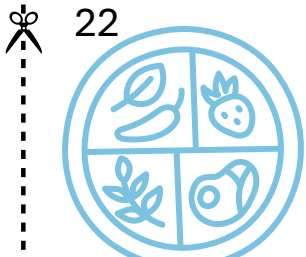
Weights



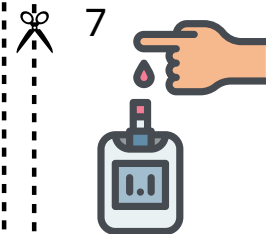
Reduce Salt



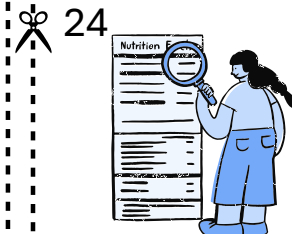
Social Bonds



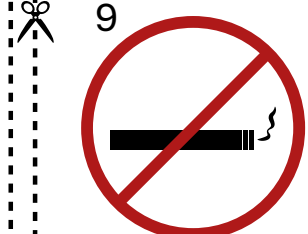
Portion Size



**Cholesterol
Control**



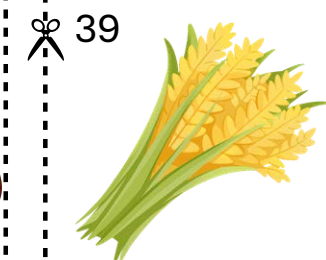
**Read Food
Labels**



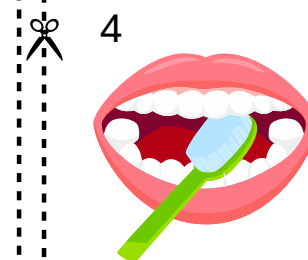
Don't Smoke



Vitamin B12



Whole Grains



Brush Teeth



Laughter

NOURISH TO FLOURISH STRATEGY

CALL OUT WORD



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1 Balance Exercises	Balance exercises involve movements that challenge your body's ability to maintain a stable, upright position, which is vital for preventing falls and improving coordination.
2 Biking	Biking offers a low-impact way to improve cardiovascular health, strengthen lower-body muscles, and enhance joint mobility without heavy strain.
3 Blood Pressure Control	Blood pressure control requires consistent strategies like reducing sodium intake, staying active, and monitoring your levels regularly to be effective.
4 Brush Teeth	Brush teeth twice daily to maintain essential oral care, as this simple habit is vital for maintaining nutrition: Keeping natural teeth or ensuring healthy gums for dentures allows for a nutritious diet.
5 Calcium	Calcium is a mineral that keeps your bones and teeth strong, and you can get it from foods like milk, yogurt, cheese, and leafy greens like spinach or kale.
6 Cardiovascular Training	Cardiovascular training includes any rhythmic activity that raises your heart rate to improve lung and heart efficiency, with examples being brisk walking, swimming, cycling, and dancing.
7 Cholesterol Control	Cholesterol control is a vital health strategy for maintaining clear arteries and preventing heart disease, achieved by balancing healthy fats, staying active, and eating fiber-rich foods.

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8 Dental Check-Ups	Dental check-ups are a health strategy for maintaining overall wellness, as they allow for early detection of issues like gum disease and help keep your teeth healthy for proper nutrition.
9 Don't Smoke	Don't smoke to significantly improve your health, as quitting at any age is a key strategy for boosting lung capacity, protecting heart health, and lowering the risk of many cancers.
10 Falls Prevention	Falls prevention involves staying active to improve balance and modifying your home environment to ensure long-term independence and confidence.
11 Farmers Market	Farmers markets provide a vibrant environment to access fresh, locally grown produce, which is a key strategy for improving nutrition, increasing physical activity, and fostering social connections.
12 Fiber	Fiber is an essential nutrient for digestive health and blood sugar control, and you can find it in excellent sources like beans, lentils, whole grains, and colorful fruits and vegetables.
13 Good Sleep	Good sleep is a restorative strategy for the body and mind, as it helps regulate mood, improves memory, and allows the immune system to repair itself effectively.
14 Healthy Eating	Healthy eating means choosing foods that nourish your body — like fruits, vegetables, whole grains, lean proteins, and healthy fats — while limiting added sugars, excess salt, and highly processed foods.

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15 Healthy Fats	Healthy fats are essential for protecting your heart and supporting brain function, and you can easily include them in your diet by choosing sources like avocados, olive oil, walnuts, and fatty fish such as salmon.
16 Hydration	Hydration is a daily strategy to help regulate body temperature, aid digestion, and keep your mind sharp by preventing the fatigue and confusion often caused by mild fluid loss.
17 Jogging	Jogging is an effective cardiovascular strategy for maintaining heart health and bone density, as this steady, rhythmic activity strengthens the lower body while boosting overall stamina.
18 Laughter	Laughter serves as a powerful natural medicine to reduce stress, lower blood pressure, and boost overall emotional well-being.
19 Malnutrition Awareness	Malnutrition awareness is the proactive strategy of recognizing the physical and behavioral warning signs—such as unintended weight loss, fatigue, or a loss of appetite—to ensure we stay strong and independent.
20 Medical Check-ups	Medical check-ups provide a dedicated time to review medications, screen for silent conditions like high blood pressure, and update vaccinations to maintain long-term independence.
21 Mental Health	Mental health is the specialized strategy to preserve cognitive agility, manage stress through life's transitions, and maintain the emotional "social battery" needed to stay deeply connected to family and community.

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22 Portion Size	Portion size helps manage calorie intake and blood sugar levels while ensuring the body gets the right balance of essential nutrients at every meal.
23 Proteins	Proteins are the essential "building blocks" found in foods like salmon, eggs, lentils, and Greek yogurt, serving as a vital strategy to maintain muscle mass and repair tissues.
24 Read Food Labels	Read food labels to allow you to quickly identify hidden sodium, added sugars, and beneficial nutrients like fiber and protein to make the best choices for your well-being.
25 Reduce Salt	Reduce salt is an essential heart-health strategy to manage blood pressure, reduce fluid retention, and protect kidney function over time.
26 Reduce Sugar	Reduce added sugars is the intentional strategy to limit syrups and sweeteners—like high fructose corn syrup or cane sugar—that are manually added to foods during processing to help maintain a stable weight and protect dental health.
27 Self-Care	Self-Care encompassing the intentional daily actions—such as getting enough sleep, staying hydrated, and engaging in joyful hobbies—that preserve physical independence and mental resilience
28 Senior Nutrition Program	The senior nutrition program provides access to balanced, nutritious meals while fostering the social connections essential for mental and emotional well-being.

NOURISH TO FLOURISH STRATEGY



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29 Social Bonds	Social bonds are the emotional and psychological anchors created through regular, meaningful interaction. Shared meals act as a catalyst for social bonds.
30 Strength Training	Strength training involving resistance exercises help to build muscle, protect bone density, and ensure the functional independence needed for daily life.
31 Swimming	Swimming is an ideal low-impact physical strategy for older adults, offering a full-body workout that builds cardiovascular health and muscle strength without putting undue stress on sensitive joints.
32 Vitamin B12	Vitamin B12 is in foods like salmon, lean beef, eggs, and fortified cereals and it is essential for maintaining healthy nerve cells and supporting brain function.
33 Vitamin D	Vitamin D , the sunshine vitamin, is found in salmon, egg yolks, and fortified milk. It helps ensure calcium is properly absorbed for strong bones. Our bodies naturally produce it when exposed to sunlight.
34 Vitamins	Vitamins are provided through a balanced diet that prioritizes a wide variety of foods. A multi-vitamin can act as a nutritional safety-net.
35 Walking	Walking is a low-impact exercise that is especially beneficial for managing arthritis, as it helps lubricate the joints, reduces stiffness, and strengthens the muscles that support them.

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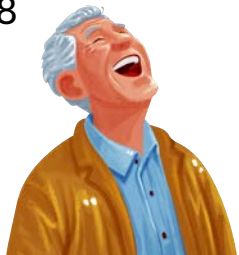
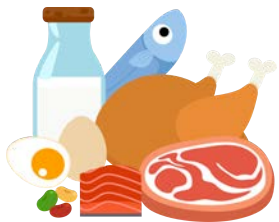
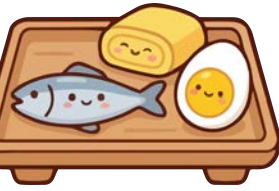
36 Wash Hands	Food safety begins with the simple yet critical action to wash hands and it helps to prevent the spread of harmful bacteria and viruses during meal preparation.
37 Weight Control	Weight control refers to the intentional management of one's body mass through a balanced diet and regular physical activity, and it reduces the physical load on joints and maintain metabolic health.
38 Weights	Weights , such as light dumbbells, resistance bands, or even common household items like water bottles, is a core component of strength training to help preserve muscle mass.
39 Whole Grains	Whole grains are the entire seed of a plant—consisting of the bran, germ, and endosperm—and serve as a vital dietary strategy to provide the steady energy and fiber needed for digestive health and weight control.
40 Yoga	Yoga is a gentle and effective mind-body strategy that combines physical postures, breathing techniques, and meditation to improve flexibility, balance, and overall emotional well-being.



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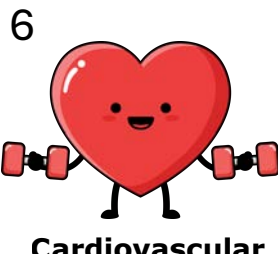
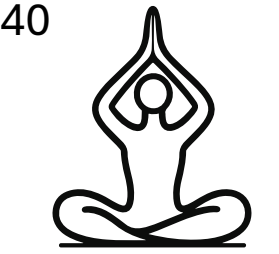
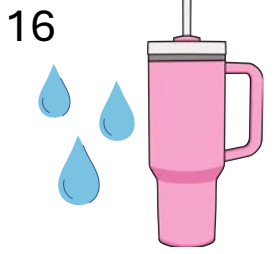
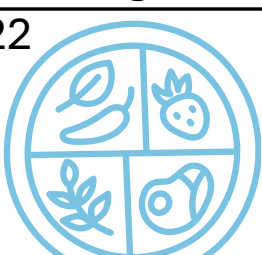
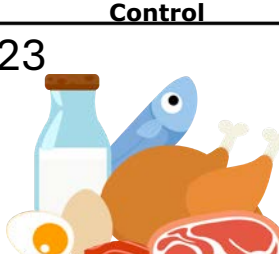
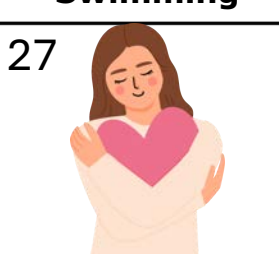
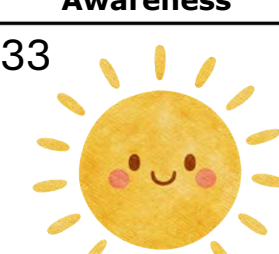
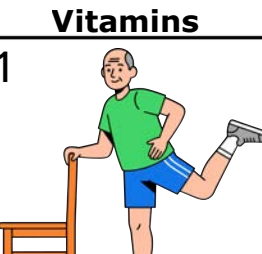
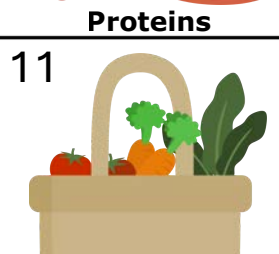
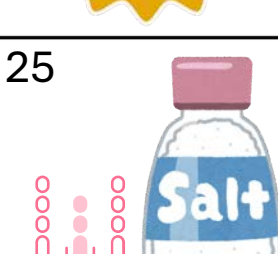
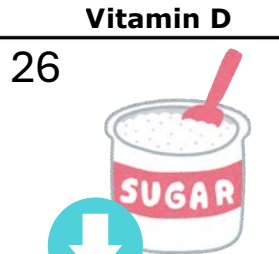
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5  Calcium	26  Reduce Sugar	39  Whole Grains	18  Laughter	7  Cholesterol Control
14  Healthy Eating	4  Brush Teeth	 FREE	12  Fiber	16  Hydration
28  Senior Nutrition Program	23  Proteins	27  Self-Care	10  Falls Prevention	36  Wash Hands
32  Vitamin B12	11  Farmers Market	6  Cardiovascular Training	35  Walking	29  Social Bonds



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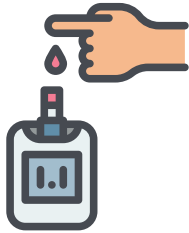
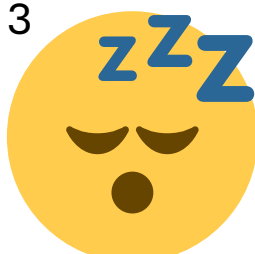
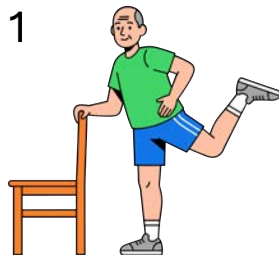
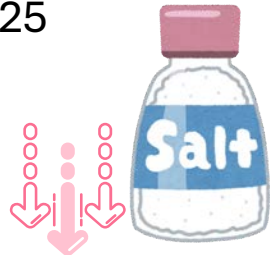
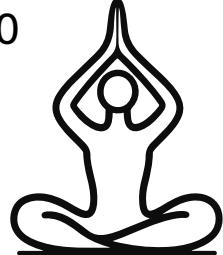
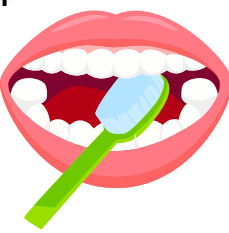
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22  Portion Size	3  Blood Pressure Control	10  Falls Prevention	31  Swimming	19  Malnutrition Awareness
34  Vitamins	23  Proteins		27  Self-Care	33  Vitamin D
1  Balance Exercises	11  Farmers Market	25  Reduce Salt	35  Walking	26  Reduce Sugar
9  Don't Smoke	21  Mental Health	12  Fiber	7  Cholesterol Control	15  Healthy Fats



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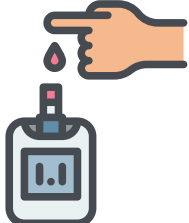
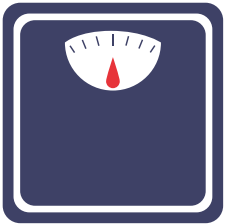
26  Reduce Sugar	20  Medical Check-Ups	7  Cholesterol Control	13  Good Sleep	28  Senior Nutrition Program
38  Weights	1  Balance Exercises	25  Reduce Salt	40  Yoga	17  Jogging
6  Cardiovascular Training	24  Read Food Labels	 FREE	22  Portion Size	29  Social Bonds
4  Brush Teeth	23  Proteins	19  Malnutrition Awareness	18  Laughter	12  Fiber
30  Strength Training	36  Wash Hands	33  Vitamin D	2  Biking	8  Dental Check-Ups



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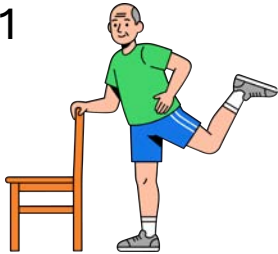
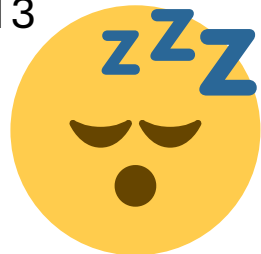
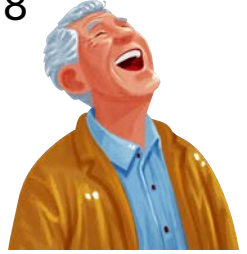
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26  Reduce Sugar	3  Blood Pressure Control	15  Healthy Fats	34  Vitamins	7  Cholesterol Control
37  Weight Control	36  Wash Hands	 FREE	12  Fiber	31  Swimming
24  Read Food Labels	10  Falls Prevention	21  Mental Health	32  Vitamin B12	35  Walking
4  Brush Teeth	18  Laughter	1  Balance Exercises	8  Dental Check-Ups	39  Whole Grains



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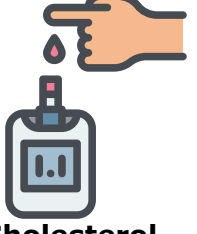
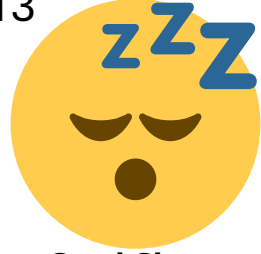
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2  Biking	31  Swimming		40  Yoga	26  Reduce Sugar
8  Dental Check-Ups	34  Vitamins	15  Healthy Fats	11  Farmers Market	13  Good Sleep
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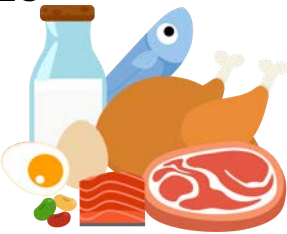
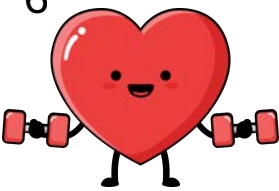
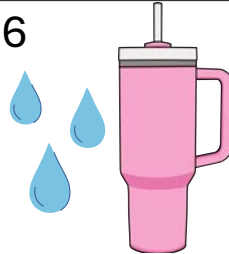
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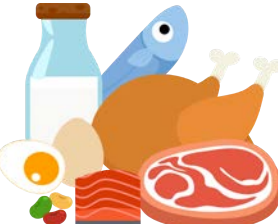
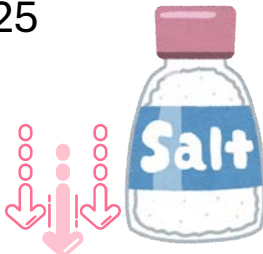
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14  Healthy Eating	2  Biking	17  Jogging	24  Read Food Labels	3  Blood Pressure Control
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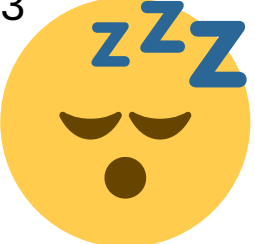
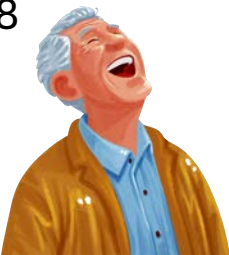
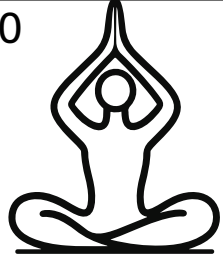
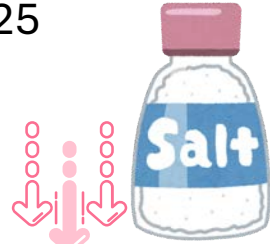
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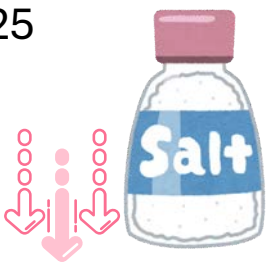
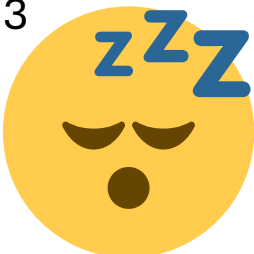
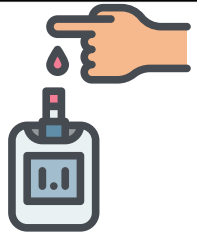
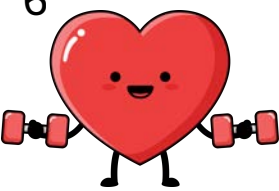
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38  Weights	32  Vitamin B12	 FREE	3  Blood Pressure Control	30  Strength Training
35  Walking	11  Farmers Market	15  Healthy Fats	40  Yoga	25  Reduce Salt
26  Reduce Sugar	21  Mental Health	16  Hydration	37  Weight Control	4  Brush Teeth



Nourish to Flourish

SOUTH CAROLINA

BINGO

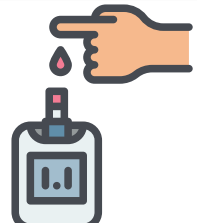
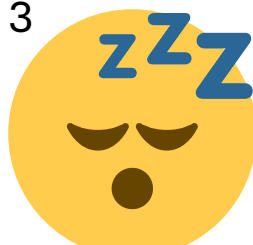
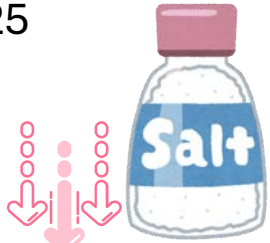
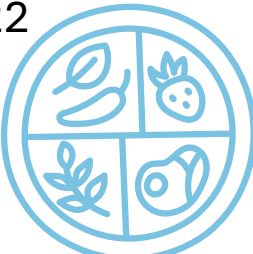
26  Reduce Sugar	25  Reduce Salt	11  Farmers Market	19  Malnutrition Awareness	13  Good Sleep
40  Yoga	37  Weight Control	21  Mental Health	14  Healthy Eating	12  Fiber
33  Vitamin D	4  Brush Teeth	 FREE	5  Calcium	35  Walking
27  Self-Care	2  Biking	17  Jogging	28  Senior Nutrition Program	23  Proteins
10  Falls Prevention	20  Medical Check-Ups	7  Cholesterol Control	6  Cardiovascular Training	24  Read Food Labels



Nourish to Flourish

SOUTH CAROLINA

BINGO

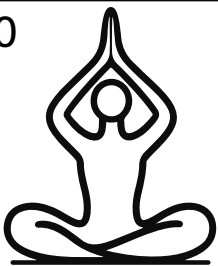
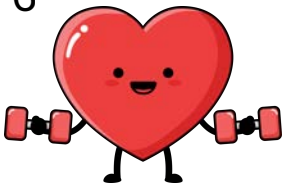
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23  Proteins	7  Cholesterol Control	32  Vitamin B12	26  Reduce Sugar	13  Good Sleep
20  Medical Check-Ups	9  Don't Smoke		5  Calcium	25  Reduce Salt
17  Jogging	14  Healthy Eating	22  Portion Size	18  Laughter	37  Weight Control
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Nourish to Flourish

SOUTH CAROLINA

BINGO

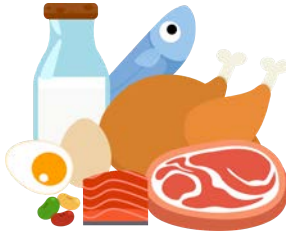
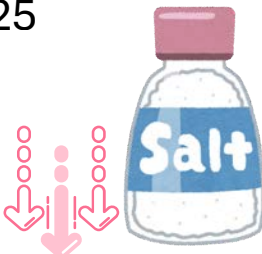
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33  Vitamin D	27  Self-Care	30  Strength Training	10  Falls Prevention	18  Laughter
35  Walking	14  Healthy Eating	 FREE	9  Don't Smoke	12  Fiber
17  Jogging	15  Healthy Fats	37  Weight Control	31  Swimming	6  Cardiovascular Training
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Nourish to Flourish

SOUTH CAROLINA

BINGO

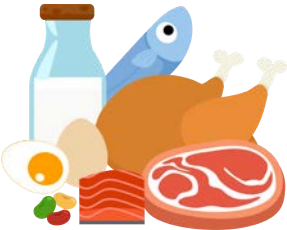
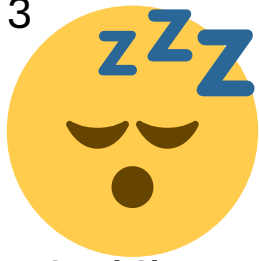
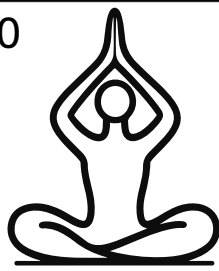
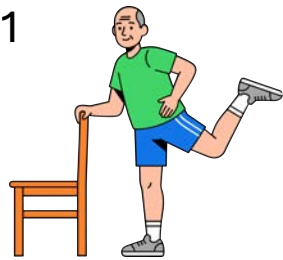
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21  Mental Health	19  Malnutrition Awareness	16  Hydration	10  Falls Prevention	27  Self-Care
30  Strength Training	31  Swimming	 FREE	29  Social Bonds	4  Brush Teeth
33  Vitamin D	8  Dental Check-Ups	15  Healthy Fats	9  Don't Smoke	28  Senior Nutrition Program
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Nourish to Flourish

SOUTH CAROLINA

BINGO

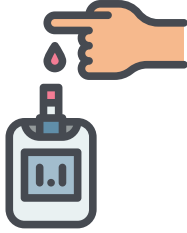
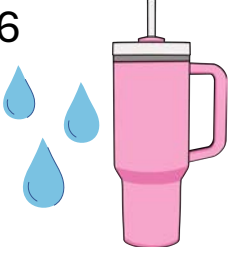
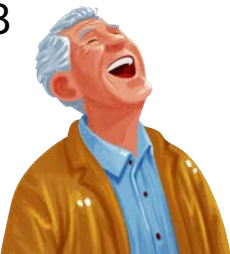
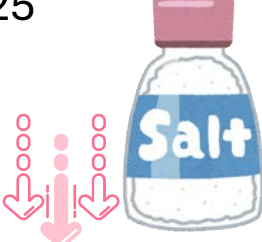
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8  Dental Check-Ups	3  Blood Pressure Control	32  Vitamin B12	23  Proteins	13  Good Sleep
22  Portion Size	12  Fiber	 FREE	40  Yoga	33  Vitamin D
24  Read Food Labels	17  Jogging	4  Brush Teeth	29  Social Bonds	1  Balance Exercises
18  Laughter	5  Calcium	36  Wash Hands	37  Weight Control	14  Healthy Eating



Nourish to Flourish

SOUTH CAROLINA

BINGO

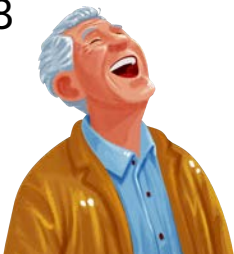
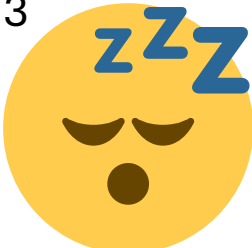
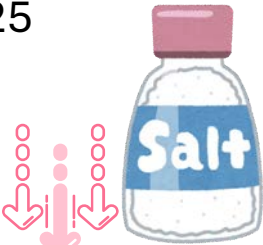
28  Senior Nutrition Program	20  Medical Check-Ups	1  Balance Exercises	7  Cholesterol Control	36  Wash Hands
14  Healthy Eating	16  Hydration	31  Swimming	35  Walking	34  Vitamins
38  Weights	27  Self-Care	 FREE	5  Calcium	39  Whole Grains
23  Proteins	18  Laughter	33  Vitamin D	11  Farmers Market	25  Reduce Salt
12  Fiber	15  Healthy Fats	9  Don't Smoke	6  Cardiovascular Training	21  Mental Health



Nourish to Flourish

SOUTH CAROLINA

BINGO

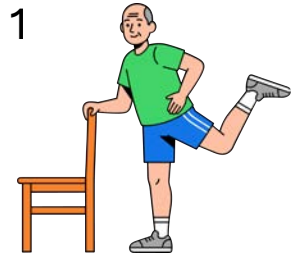
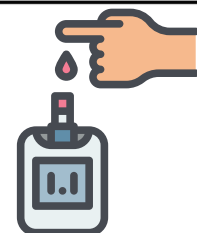
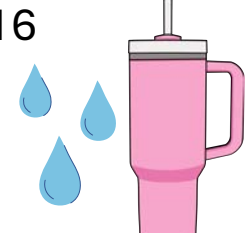
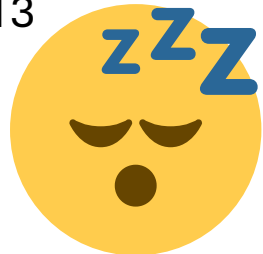
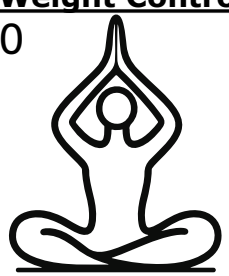
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29  Social Bonds	26  Reduce Sugar	32  Vitamin B12	37  Weight Control	39  Whole Grains
14  Healthy Eating	33  Vitamin D	 FREE	1  Balance Exercises	22  Portion Size
12  Fiber	7  Cholesterol Control	2  Biking	25  Reduce Salt	4  Brush Teeth
20  Medical Check-Ups	30  Strength Training	34  Vitamins	24  Read Food Labels	21  Mental Health



Nourish to Flourish

SOUTH CAROLINA

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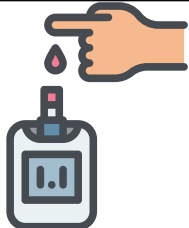
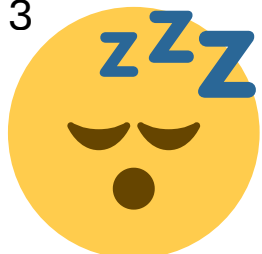
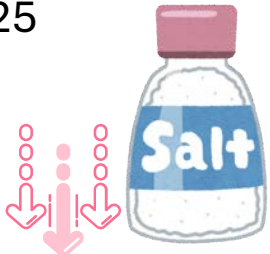
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5  Calcium	32  Vitamin B12	1  Balance Exercises	8  Dental Check-Ups	19  Malnutrition Awareness
33  Vitamin D	6  Cardiovascular Training	 FREE	4  Brush Teeth	7  Cholesterol Control
30  Strength Training	2  Biking	16  Hydration	34  Vitamins	37  Weight Control
12  Fiber	24  Read Food Labels	35  Walking	13  Good Sleep	40  Yoga



Nourish to Flourish

SOUTH CAROLINA

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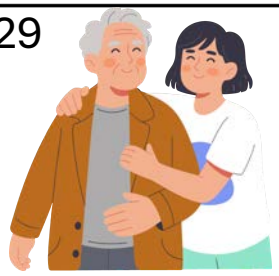
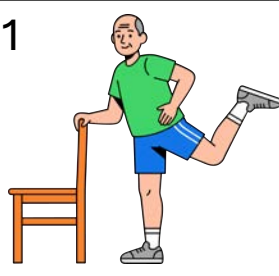
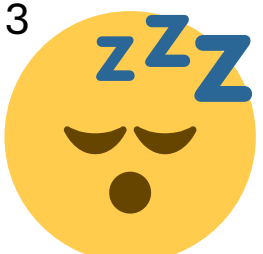
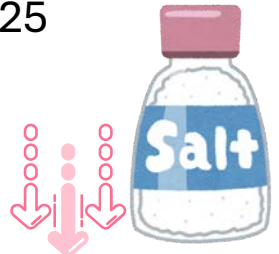
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33  Vitamin D	27  Self-Care	32  Vitamin B12	4  Brush Teeth	11  Farmers Market
3  Blood Pressure Control	30  Strength Training	 FREE	19  Malnutrition Awareness	26  Reduce Sugar
21  Mental Health	12  Fiber	20  Medical Check-Ups	17  Jogging	25  Reduce Salt
9  Don't Smoke	31  Swimming	6  Cardiovascular Training	1  Balance Exercises	15  Healthy Fats



Nourish to Flourish

SOUTH CAROLINA

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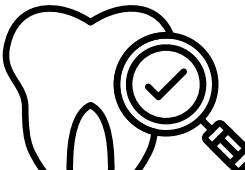
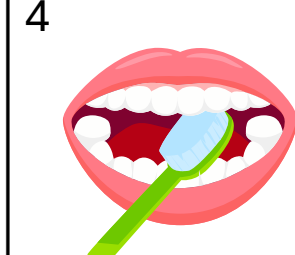
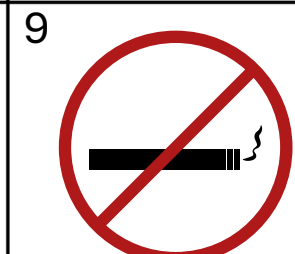
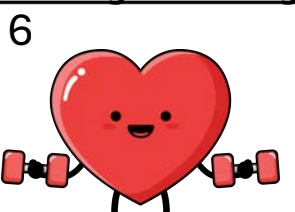
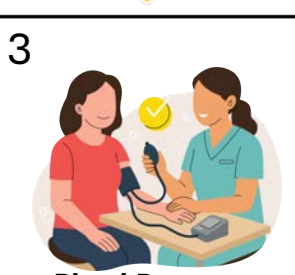
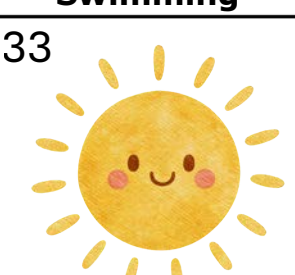
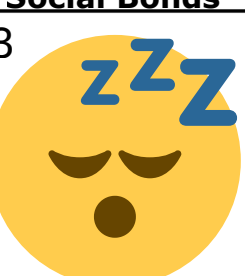
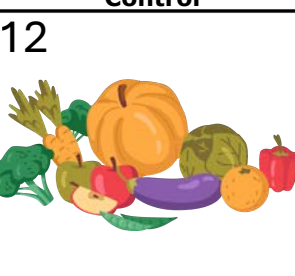
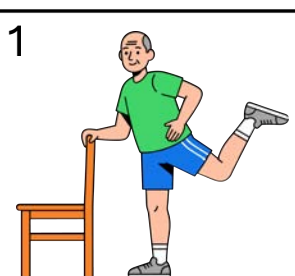
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39  Whole Grains	20  Medical Check-Ups	1  Balance Exercises	4  Brush Teeth	8  Dental Check-Ups
9  Don't Smoke	36  Wash Hands	 FREE	13  Good Sleep	28  Senior Nutrition Program
11  Farmers Market	27  Self-Care	21  Mental Health	24  Read Food Labels	6  Cardiovascular Training
22  Portion Size	35  Walking	37  Weight Control	25  Reduce Salt	40  Yoga



Nourish to Flourish

SOUTH CAROLINA

BINGO

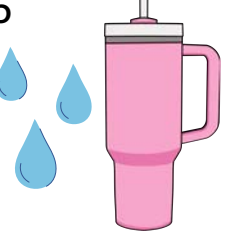
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24  Read Food Labels	4  Brush Teeth	36  Wash Hands	11  Farmers Market	30  Strength Training
17  Jogging	9  Don't Smoke	 FREE	31  Swimming	6  Cardiovascular Training
29  Social Bonds	23  Proteins	3  Blood Pressure Control	33  Vitamin D	37  Weight Control
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Nourish to Flourish

SOUTH CAROLINA

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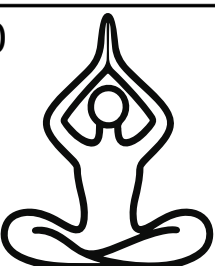
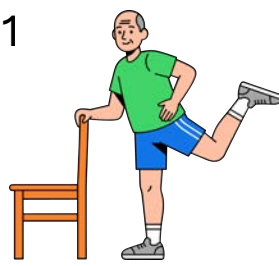
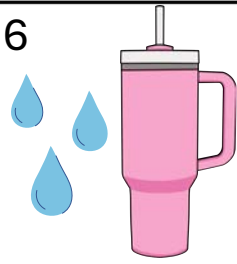
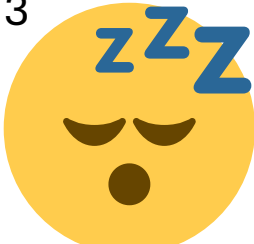
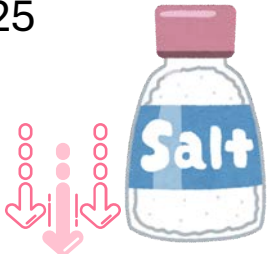
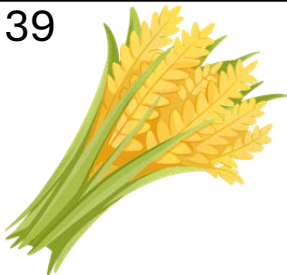
5  Calcium	38  Weights	27  Self-Care	18  Laughter	14  Healthy Eating
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9  Don't Smoke	40  Yoga	 FREE	21  Mental Health	32  Vitamin B12
15  Healthy Fats	24  Read Food Labels	33  Vitamin D	17  Jogging	37  Weight Control
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Nourish to Flourish

SOUTH CAROLINA

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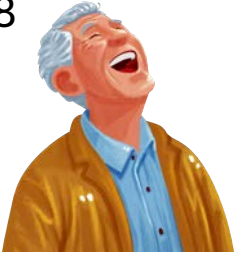
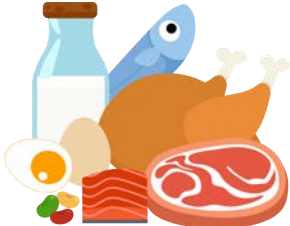
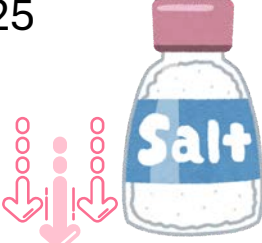
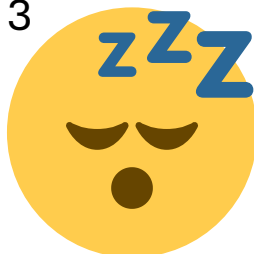
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17  Jogging	15  Healthy Fats	 FREE	1  Balance Exercises	16  Hydration
9  Don't Smoke	36  Wash Hands	38  Weights	23  Proteins	20  Medical Check-Ups
13  Good Sleep	14  Healthy Eating	37  Weight Control	25  Reduce Salt	39  Whole Grains



Nourish to Flourish

SOUTH CAROLINA

BINGO

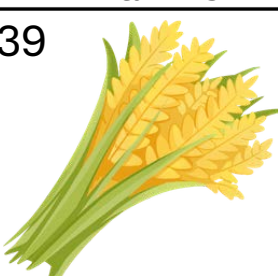
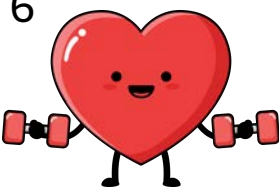
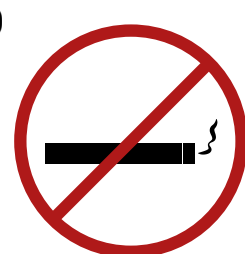
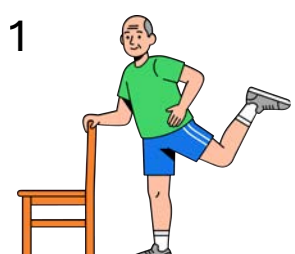
11  Farmers Market	8  Dental Check-Ups	1  Balance Exercises	31  Swimming	37  Weight Control
15  Healthy Fats	7  Cholesterol Control	3  Blood Pressure Control	17  Jogging	18  Laughter
4  Brush Teeth	20  Medical Check-Ups	 FREE	6  Cardiovascular Training	5  Calcium
33  Vitamin D	16  Hydration	2  Biking	34  Vitamins	23  Proteins
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Nourish to Flourish

SOUTH CAROLINA

BINGO

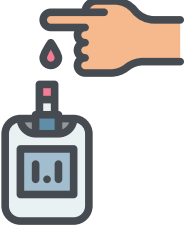
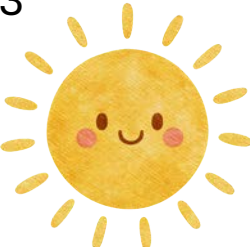
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39  Whole Grains	6  Cardiovascular Training	7  Cholesterol Control	37  Weight Control	31  Swimming
23  Proteins	10  Falls Prevention	 FREE	4  Brush Teeth	18  Laughter
36  Wash Hands	19  Malnutrition Awareness	9  Don't Smoke	30  Strength Training	1  Balance Exercises
20  Medical Check-Ups	38  Weights	27  Self-Care	33  Vitamin D	15  Healthy Fats



Nourish to Flourish

SOUTH CAROLINA

BINGO

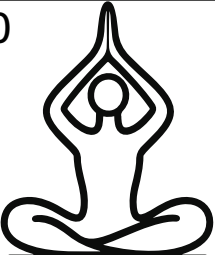
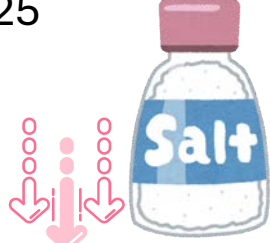
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7  Cholesterol Control	1  Balance Exercises	32  Vitamin B12	5  Calcium	6  Cardiovascular Training
28  Senior Nutrition Program	20  Medical Check-Ups	 FREE	12  Fiber	39  Whole Grains
40  Yoga	9  Don't Smoke	30  Strength Training	17  Jogging	33  Vitamin D
36  Wash Hands	15  Healthy Fats	29  Social Bonds	11  Farmers Market	21  Mental Health



Nourish to Flourish

SOUTH CAROLINA

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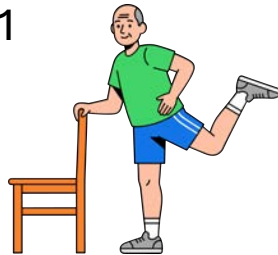
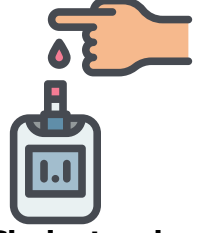
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25  Reduce Salt	8  Dental Check-Ups	 FREE	20  Medical Check-Ups	3  Blood Pressure Control
26  Reduce Sugar	19  Malnutrition Awareness	6  Cardiovascular Training	32  Vitamin B12	17  Jogging
14  Healthy Eating	11  Farmers Market	10  Falls Prevention	38  Weights	9  Don't Smoke



Nourish to Flourish

SOUTH CAROLINA

BINGO

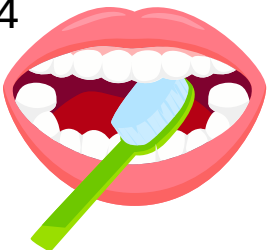
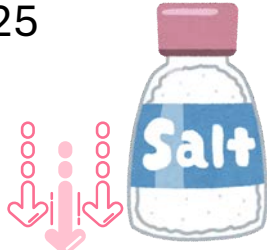
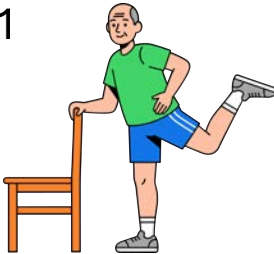
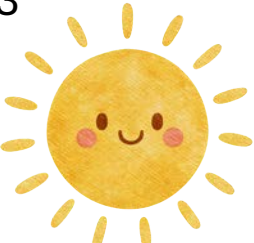
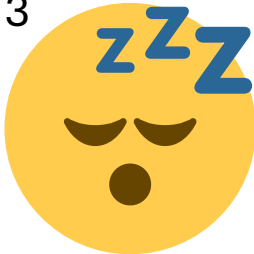
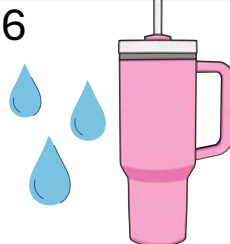
3  Blood Pressure Control	24  Read Food Labels	38  Weights	4  Brush Teeth	20  Medical Check-Ups
1  Balance Exercises	26  Reduce Sugar	15  Healthy Fats	22  Portion Size	37  Weight Control
14  Healthy Eating	36  Wash Hands	 FREE	39  Whole Grains	23  Proteins
33  Vitamin D	34  Vitamins	7  Cholesterol Control	19  Malnutrition Awareness	21  Mental Health
12  Fiber	31  Swimming	35  Walking	30  Strength Training	18  Laughter



Nourish to Flourish

SOUTH CAROLINA

BINGO

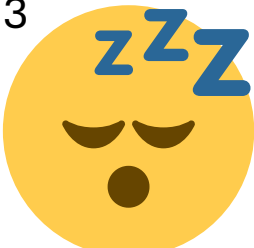
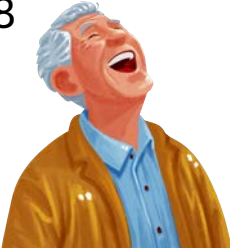
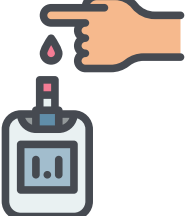
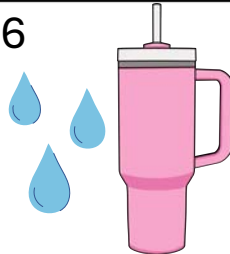
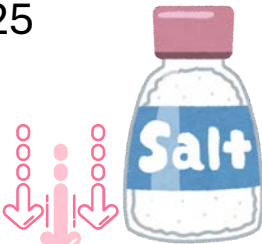
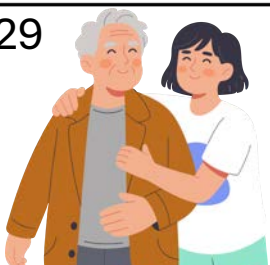
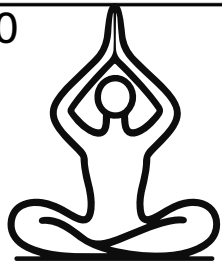
5  Calcium	4  Brush Teeth	9  Don't Smoke	10  Falls Prevention	25  Reduce Salt
30  Strength Training	37  Weight Control	3  Blood Pressure Control	31  Swimming	6  Cardiovascular Training
39  Whole Grains	15  Healthy Fats	 FREE	1  Balance Exercises	40  Yoga
33  Vitamin D	18  Laughter	13  Good Sleep	28  Senior Nutrition Program	23  Proteins
26  Reduce Sugar	11  Farmers Market	34  Vitamins	36  Wash Hands	16  Hydration



Nourish to Flourish

SOUTH CAROLINA

BINGO

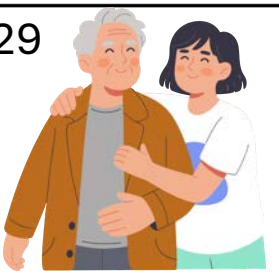
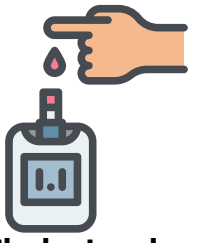
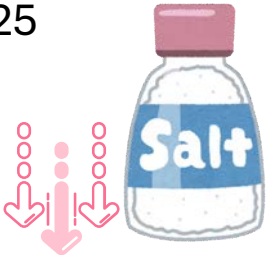
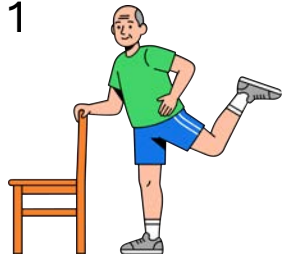
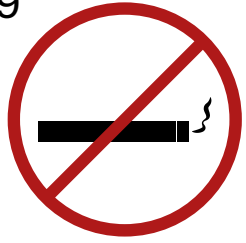
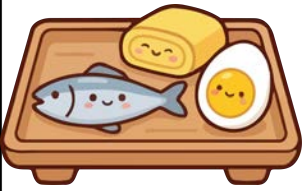
13  Good Sleep	18  Laughter	1  Balance Exercises	7  Cholesterol Control	12  Fiber
4  Brush Teeth	14  Healthy Eating	35  Walking	11  Farmers Market	31  Swimming
9  Don't Smoke	16  Hydration	 FREE	5  Calcium	25  Reduce Salt
29  Social Bonds	36  Wash Hands	38  Weights	40  Yoga	39  Whole Grains
8  Dental Check-Ups	26  Reduce Sugar	20  Medical Check-Ups	30  Strength Training	27  Self-Care



Nourish to Flourish

SOUTH CAROLINA

BINGO

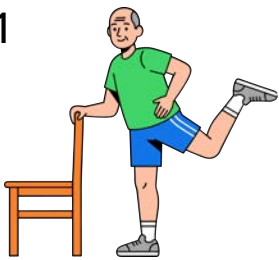
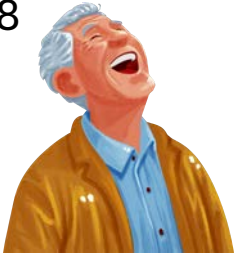
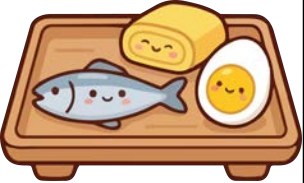
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19  Malnutrition Awareness	20  Medical Check-Ups	25  Reduce Salt	18  Laughter	40  Yoga
34  Vitamins	14  Healthy Eating		5  Calcium	27  Self-Care
11  Farmers Market	30  Strength Training	1  Balance Exercises	23  Proteins	9  Don't Smoke
36  Wash Hands	24  Read Food Labels	32  Vitamin B12	31  Swimming	33  Vitamin D



Nourish to Flourish

SOUTH CAROLINA

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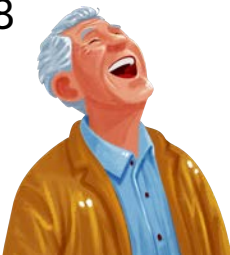
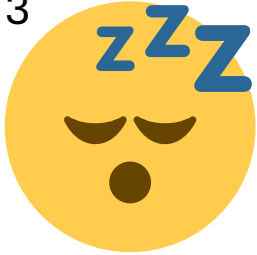
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35  Walking	18  Laughter	36  Wash Hands	21  Mental Health	28  Senior Nutrition Program
6  Cardiovascular Training	17  Jogging	 FREE	30  Strength Training	23  Proteins
32  Vitamin B12	22  Portion Size	12  Fiber	2  Biking	5  Calcium
24  Read Food Labels	19  Malnutrition Awareness	38  Weights	31  Swimming	34  Vitamins



Nourish to Flourish

SOUTH CAROLINA

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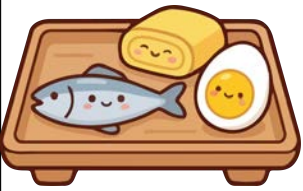
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36  Wash Hands	24  Read Food Labels	37  Weight Control	17  Jogging	39  Whole Grains
18  Laughter	27  Self-Care	 FREE	2  Biking	13  Good Sleep
34  Vitamins	4  Brush Teeth	20  Medical Check-Ups	11  Farmers Market	22  Portion Size
29  Social Bonds	6  Cardiovascular Training	3  Blood Pressure Control	14  Healthy Eating	12  Fiber



Nourish to Flourish

SOUTH CAROLINA

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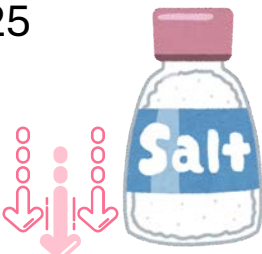
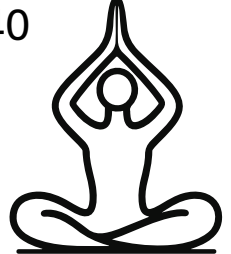
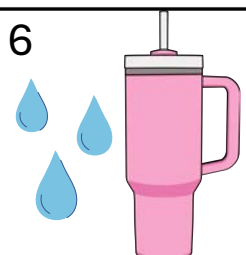
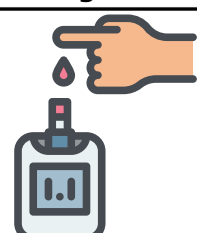
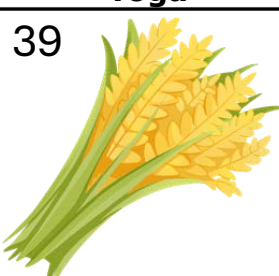
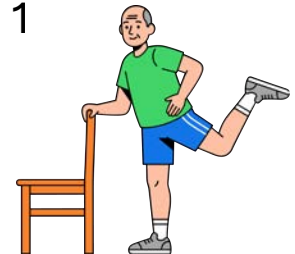
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2  Biking	32  Vitamin B12	10  Falls Prevention	5  Calcium	17  Jogging
8  Dental Check-Ups	20  Medical Check-Ups	 FREE	3  Blood Pressure Control	16  Hydration
23  Proteins	18  Laughter	19  Malnutrition Awareness	29  Social Bonds	11  Farmers Market
6  Cardiovascular Training	31  Swimming	38  Weights	15  Healthy Fats	1  Balance Exercises



Nourish to Flourish

SOUTH CAROLINA

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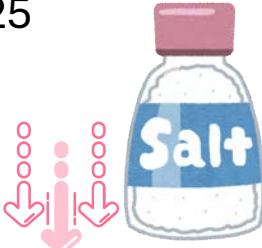
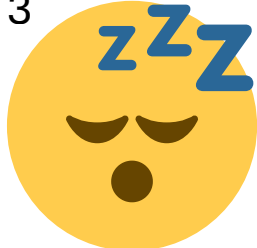
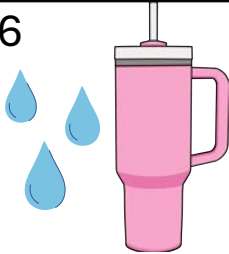
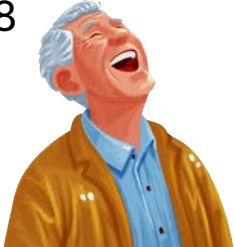
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16  Hydration	7  Cholesterol Control	26  Reduce Sugar	39  Whole Grains	5  Calcium
12  Fiber	22  Portion Size	 FREE	6  Cardiovascular Training	35  Walking
34  Vitamins	2  Biking	10  Falls Prevention	21  Mental Health	29  Social Bonds
3  Blood Pressure Control	1  Balance Exercises	33  Vitamin D	31  Swimming	37  Weight Control



Nourish to Flourish

SOUTH CAROLINA

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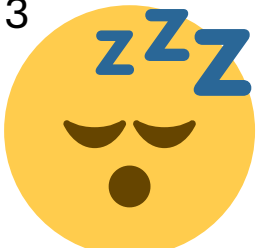
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37  Weight Control	36  Wash Hands	19  Malnutrition Awareness	5  Calcium	3  Blood Pressure Control
35  Walking	31  Swimming	 FREE	1  Balance Exercises	13  Good Sleep
27  Self-Care	15  Healthy Fats	16  Hydration	20  Medical Check-Ups	28  Senior Nutrition Program
39  Whole Grains	18  Laughter	26  Reduce Sugar	10  Falls Prevention	23  Proteins



Nourish to Flourish

SOUTH CAROLINA

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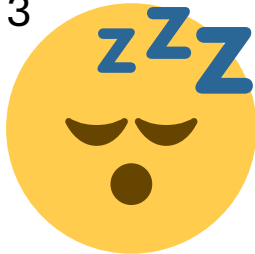
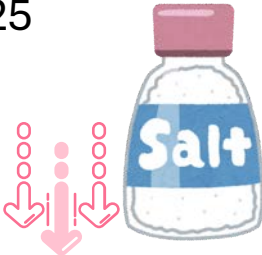
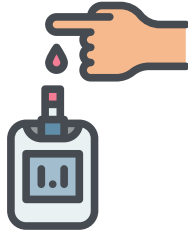
35  Walking	24  Read Food Labels	30  Strength Training	13  Good Sleep	11  Farmers Market
3  Blood Pressure Control	29  Social Bonds	8  Dental Check-Ups	15  Healthy Fats	37  Weight Control
32  Vitamin B12	1  Balance Exercises	 FREE	10  Falls Prevention	26  Reduce Sugar
25  Reduce Salt	9  Don't Smoke	34  Vitamins	12  Fiber	5  Calcium
38  Weights	27  Self-Care	33  Vitamin D	4  Brush Teeth	36  Wash Hands



Nourish to Flourish

SOUTH CAROLINA

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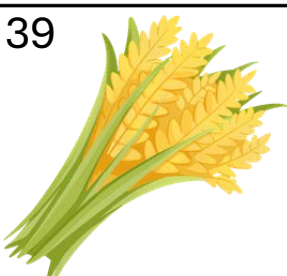
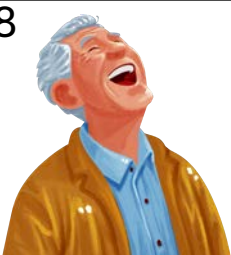
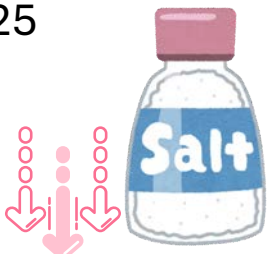
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25  Reduce Salt	31  Swimming	19  Malnutrition Awareness	6  Cardiovascular Training	24  Read Food Labels
18  Laughter	32  Vitamin B12		16  Hydration	39  Whole Grains
34  Vitamins	12  Fiber	3  Blood Pressure Control	37  Weight Control	7  Cholesterol Control
36  Wash Hands	1  Balance Exercises	26  Reduce Sugar	11  Farmers Market	15  Healthy Fats



Nourish to Flourish

SOUTH CAROLINA

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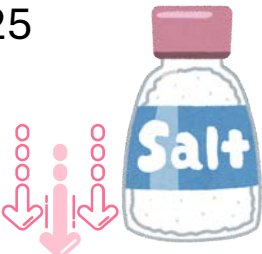
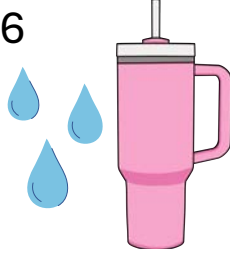
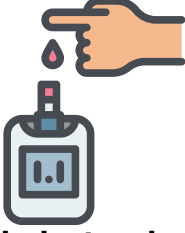
3  Blood Pressure Control	7  Cholesterol Control	24  Read Food Labels	16  Hydration	39  Whole Grains
21  Mental Health	18  Laughter	9  Don't Smoke	29  Social Bonds	40  Yoga
34  Vitamins	8  Dental Check-Ups	 FREE	25  Reduce Salt	31  Swimming
35  Walking	23  Proteins	33  Vitamin D	32  Vitamin B12	19  Malnutrition Awareness
10  Falls Prevention	38  Weights	1  Balance Exercises	27  Self-Care	20  Medical Check-Ups



Nourish to Flourish

SOUTH CAROLINA

BINGO

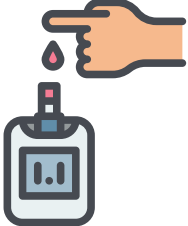
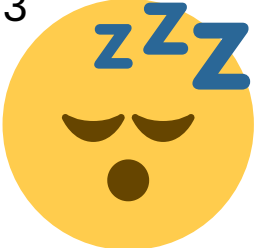
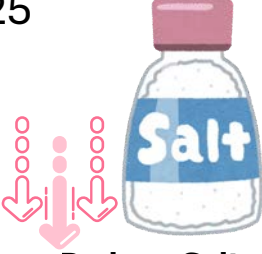
24  Read Food Labels	17  Jogging	20  Medical Check-Ups	15  Healthy Fats	21  Mental Health
11  Farmers Market	1  Balance Exercises	28  Senior Nutrition Program	22  Portion Size	8  Dental Check-Ups
30  Strength Training	31  Swimming	 FREE	36  Wash Hands	2  Biking
25  Reduce Salt	34  Vitamins	29  Social Bonds	16  Hydration	4  Brush Teeth
19  Malnutrition Awareness	18  Laughter	10  Falls Prevention	7  Cholesterol Control	38  Weights



Nourish to Flourish

SOUTH CAROLINA

BINGO

26  Reduce Sugar	7  Cholesterol Control	35  Walking	37  Weight Control	2  Biking
28  Senior Nutrition Program	10  Falls Prevention	19  Malnutrition Awareness	17  Jogging	40  Yoga
13  Good Sleep	8  Dental Check-Ups	 FREE	23  Proteins	21  Mental Health
25  Reduce Salt	3  Blood Pressure Control	38  Weights	5  Calcium	22  Portion Size
9  Don't Smoke	34  Vitamins	33  Vitamin D	39  Whole Grains	1  Balance Exercises