

BINGO

SHOW YOURSELF SOME LOVE



Glen Rock
New Jersey

FEBRUARY ISN'T JUST FOR ROSES AND CHOCOLATES—IT'S FOR YOU!

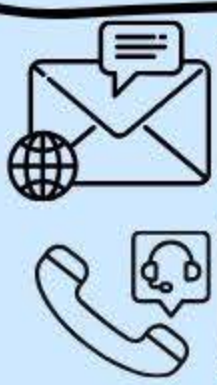
THIS MONTH, GLEN ROCK IS LAUNCHING OUR "SHOW YOURSELF SOME LOVE" CAMPAIGN. STARTING FEBRUARY 1ST, JOIN YOUR NEIGHBORS IN A MONTH-LONG SELF-CARE CHALLENGE. TURN IN YOUR COMPLETED BINGO BOARD TO GLEN ROCK BOROUGH HALL BY MARCH 1ST FOR A CHANCE TO WIN SOME "LOCAL LOVE" GOODIES!

SELF CARE LOCAL LOVE OPEN HEART VITALITY EASE

MEDITATE OR SIT IN SILENCE	WATCH A GLEN ROCK STIGMA FREE VIDEO	WRITE A THANK YOU NOTE	20-MINUTE BRISK WALK	TREAT YOURSELF
DRINK 64 OZ OF WATER	VISIT THE TOWN LIBRARY	GIVE A STRANGER A COMPLIMENT	TRY A NEW HEALTHY RECIPE	5 MINUTES OF DEEP BREATHING
READ 10 PAGES OF A BOOK	BUY A LOCAL COFFEE / TREAT	<i>Free</i>	STRETCH FOR 10 MINUTES	GO TO BED 30 MINUTES EARLY
LISTEN TO A FAVORITE PODCAST	DONATE TO A LOCAL FOOD PANTRY		TAKE THE STAIRS	WATCH A SUNSET OR SUNRISE
TIDY ONE "CLUTTER" SPOT	LEAVE A POSITIVE ONLINE REVIEW	CALL AN OLD FRIEND	SPEND TIME IN NATURE	UNPLUG PHONE FOR 2 HOURS

NAME :

Check us out!



**GLEN ROCK
PROUD TO BE
STIGMA-FREE**

[HTTPS://GLENROCKNJ.NET/BOARDS/STIGMA-FREE](https://glenrocknj.net/boards/stigma-free)