

LifeStyle Challenge

| B | I | N | G | O |
|---|---|---|---|---|
| Check out a "Prevention" Magazine | Read a book recommended by a library "orange" bookmark Title: Author: | Attend a Library Program | Read a Book that makes you LAUGH Title: Author: | Nutrition 101 (Universal Online Class) |
| *YOGA* Checkout any book or DVD Title: Author: | Graphic Novel or YA Book Title: Author: | Life Wellness 101 (Universal Online Class) | MYSTERY Title: Author: | Check Out ANY Inspirational book or E-Book Title: Author: |
| Time Management 101 (Universal Online Class) | READ something NEW (ENJOY) Title: Author: | SWAP a book with a friend Title: Author: | Download & Read ANY Health E-magazine (<i>Rb Digital</i>) | A Book with a ONE WORD title Title: Author: |
| Attend a Library Program | Read a book from a library Display Title: Author: | Download ANY E-Book on Healthy living (<i>Rb Digital</i>) | Stress Management 101 (Universal Online Class) | Book that might make you CRY Title: Author: |
| Book based on a TRUE story Title: Author: | ROMANCE Title: Author: | Book you can't wait to recommend Title: Author: | Read a book published this year (2019) Title: Author: | Check out ANY book with Healthy recipes Title: Author: |

****You have to play to win!! So many ways to get BINGO****

Turn in your bingo card with a "BINGO", and win a chance at a basket!!

(Up to 12 ways to win)



2019 Lifestyle Challenge

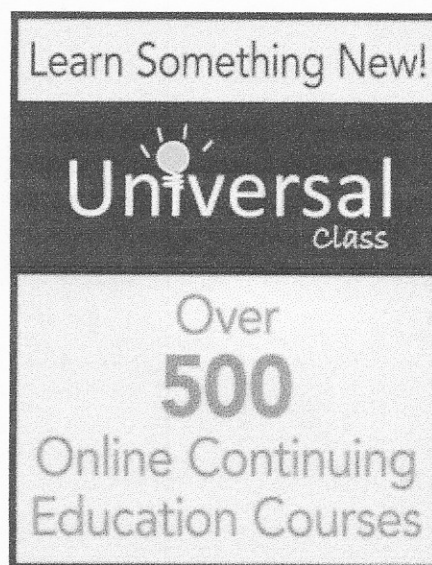
Free Online Courses

Location: Anywhere with Internet access

Time: Anytime

All courses are **FREE** and open to the public. You do need a library card.

Through the library's website, patrons have access to lifelong learning courses in over 30 subject areas, many of which offer continuing education units (CEUs). More than 500 courses are available, and all are designed and led by professional instructors to build deeper understanding and mastery of subject matter. Universal Class includes videos, assignments, quizzes, tests, and options for social media interaction with other learners. Patrons may take multiple classes and learn at their own pace.



To use Universal Class:

1. Go to www.espl.org
2. Click on "online learning" under **How Do I?**
3. Select **Universal Class**
4. Register using your library card number
5. Click on the "Course Catalog" search button
6. Find the course you want, and register by following the prompts.

Health and intellect are the two blessings in life.

—Menander

Courses mentioned in the Lifestyle Challenge:

- Lifetime Wellness 101
- Nutrition 101
- Time Management 101
- Stress Management
- Clutter Control 101

Try these keywords to search for others:

Fitness, Outdoor Activities, Nutrition, Self-Help

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.