

Medication Adherence Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/aycqbuv

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/aycqbuv

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/aycqbuv

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Attend a medication education workshop.	Share a success story about medication adherence.	Take a walk outside for at least 10 minutes.	Update your personal medication list.	Drink a glass of water while taking medications.	Choose a healthy snack option today.	Attend a wellness class or activity.
Celebrate a week of consistent medication adherence.	Help organize a medication support group session.	Write down any side effects you notice.	Attend a mindfulness or meditation session.	Thank a staff member for their support.	Attend a check-in session about health and well-being.	Participate in a wellness class focused on nutrition.
Share a helpful medication adherence tip with peers.	Choose a positive mantra to start your day.	Share a favorite memory made possible by medication adherence.	Practice deep breathing exercises for relaxation.	Share a healthy recipe with your peers.	Create a visual medication chart for the week.	Exercise for at least 15 minutes today.
Update your medication adherence chart.	Attend a peer-led support group session.	Share a personal goal for improving overall health.	Attend a nutrition-focused activity or workshop.	Share a tip for remembering to take medications on time.	Express gratitude for the support of your peers.	Help a peer understand and read medication labels.
Attend a session on stress management techniques.	Choose a role model who inspires you to prioritize health.					

Medication Adherence

Practice deep breathing exercises for relaxation.	Attend a mindfulness or meditation session.	Thank a staff member for their support.	Drink a glass of water while taking medications.	Attend a session on stress management techniques.
Help a peer understand and read medication labels.	Update your medication adherence chart.	Choose a role model who inspires you to prioritize health.	Share a favorite memory made possible by medication adherence.	Help organize a medication support group session.
Express gratitude for the support of your peers.	Write down any side effects you notice.	Share a healthy recipe with your peers.	Attend a peer-led support group session.	Update your personal medication list.
Attend a medication education workshop.	Attend a wellness class or activity.	Share a personal goal for improving overall health.	Share a success story about medication adherence.	Choose a healthy snack option today.
Create a visual medication chart for the week.	Take a walk outside for at least 10 minutes.	Share a tip for remembering to take medications on time.	Attend a check-in session about health and well-being.	Celebrate a week of consistent medication adherence.

Medication Adherence

Share a favorite memory made possible by medication adherence.	Exercise for at least 15 minutes today.	Take a walk outside for at least 10 minutes.	Help organize a medication support group session.	Practice deep breathing exercises for relaxation.
Choose a healthy snack option today.	Choose a role model who inspires you to prioritize health.	Attend a wellness class or activity.	Update your medication adherence chart.	Participate in a wellness class focused on nutrition.
Share a healthy recipe with your peers.	Attend a session on stress management techniques.	Share a success story about medication adherence.	Write down any side effects you notice.	Thank a staff member for their support.
Update your personal medication list.	Attend a nutrition-focused activity or workshop.	Choose a positive mantra to start your day.	Create a visual medication chart for the week.	Attend a medication education workshop.
Attend a peer-led support group session.	Attend a mindfulness or meditation session.	Share a personal goal for improving overall health.	Attend a check-in session about health and well-being.	Drink a glass of water while taking medications.

Medication Adherence

Share a favorite memory made possible by medication adherence.	Update your personal medication list.	Participate in a wellness class focused on nutrition.	Express gratitude for the support of your peers.	Write down any side effects you notice.
Choose a positive mantra to start your day.	Update your medication adherence chart.	Create a visual medication chart for the week.	Thank a staff member for their support.	Take a walk outside for at least 10 minutes.
Share a helpful medication adherence tip with peers.	Attend a session on stress management techniques.	Share a tip for remembering to take medications on time.	Exercise for at least 15 minutes today.	Attend a wellness class or activity.
Attend a mindfulness or meditation session.	Share a personal goal for improving overall health.	Attend a medication education workshop.	Practice deep breathing exercises for relaxation.	Celebrate a week of consistent medication adherence.
Help organize a medication support group session.	Attend a check-in session about health and well-being.	Share a healthy recipe with your peers.	Choose a healthy snack option today.	Share a success story about medication adherence.

Medication Adherence

Share a personal goal for improving overall health.	Update your personal medication list.	Drink a glass of water while taking medications.	Share a healthy recipe with your peers.	Update your medication adherence chart.
Attend a peer-led support group session.	Exercise for at least 15 minutes today.	Take a walk outside for at least 10 minutes.	Attend a medication education workshop.	Express gratitude for the support of your peers.
Help a peer understand and read medication labels.	Share a success story about medication adherence.	Share a favorite memory made possible by medication adherence.	Participate in a wellness class focused on nutrition.	Share a tip for remembering to take medications on time.
Attend a wellness class or activity.	Practice deep breathing exercises for relaxation.	Write down any side effects you notice.	Thank a staff member for their support.	Attend a nutrition-focused activity or workshop.
Share a helpful medication adherence tip with peers.	Choose a positive mantra to start your day.	Choose a healthy snack option today.	Attend a session on stress management techniques.	Choose a role model who inspires you to prioritize health.

Medication Adherence

Share a personal goal for improving overall health.	Attend a peer-led support group session.	Drink a glass of water while taking medications.	Attend a check-in session about health and well-being.	Attend a wellness class or activity.
Update your medication adherence chart.	Write down any side effects you notice.	Share a favorite memory made possible by medication adherence.	Choose a healthy snack option today.	Attend a medication education workshop.
Share a helpful medication adherence tip with peers.	Help organize a medication support group session.	Share a tip for remembering to take medications on time.	Attend a mindfulness or meditation session.	Share a success story about medication adherence.
Create a visual medication chart for the week.	Choose a role model who inspires you to prioritize health.	Attend a session on stress management techniques.	Attend a nutrition-focused activity or workshop.	Express gratitude for the support of your peers.
Choose a positive mantra to start your day.	Update your personal medication list.	Thank a staff member for their support.	Practice deep breathing exercises for relaxation.	Celebrate a week of consistent medication adherence.

Medication Adherence

Drink a glass of water while taking medications.	Attend a mindfulness or meditation session.	Update your personal medication list.	Practice deep breathing exercises for relaxation.	Attend a nutrition-focused activity or workshop.
Attend a session on stress management techniques.	Share a tip for remembering to take medications on time.	Write down any side effects you notice.	Attend a wellness class or activity.	Help organize a medication support group session.
Exercise for at least 15 minutes today.	Share a favorite memory made possible by medication adherence.	Express gratitude for the support of your peers.	Attend a check-in session about health and well-being.	Create a visual medication chart for the week.
Participate in a wellness class focused on nutrition.	Update your medication adherence chart.	Help a peer understand and read medication labels.	Take a walk outside for at least 10 minutes.	Choose a healthy snack option today.
Share a healthy recipe with your peers.	Share a personal goal for improving overall health.	Share a success story about medication adherence.	Choose a role model who inspires you to prioritize health.	Choose a positive mantra to start your day.

Medication Adherence

Attend a nutrition-focused activity or workshop.	Share a success story about medication adherence.	Help a peer understand and read medication labels.	Share a healthy recipe with your peers.	Update your personal medication list.
Share a tip for remembering to take medications on time.	Write down any side effects you notice.	Celebrate a week of consistent medication adherence.	Help organize a medication support group session.	Share a favorite memory made possible by medication adherence.
Thank a staff member for their support.	Attend a session on stress management techniques.	Create a visual medication chart for the week.	Choose a role model who inspires you to prioritize health.	Express gratitude for the support of your peers.
Attend a medication education workshop.	Participate in a wellness class focused on nutrition.	Attend a wellness class or activity.	Take a walk outside for at least 10 minutes.	Drink a glass of water while taking medications.
Choose a positive mantra to start your day.	Exercise for at least 15 minutes today.	Attend a check-in session about health and well-being.	Share a personal goal for improving overall health.	Update your medication adherence chart.

Medication Adherence

Practice deep breathing exercises for relaxation.	Share a success story about medication adherence.	Choose a healthy snack option today.	Choose a role model who inspires you to prioritize health.	Attend a check-in session about health and well-being.
Attend a nutrition-focused activity or workshop.	Share a personal goal for improving overall health.	Attend a medication education workshop.	Update your medication adherence chart.	Drink a glass of water while taking medications.
Take a walk outside for at least 10 minutes.	Attend a peer-led support group session.	Participate in a wellness class focused on nutrition.	Share a favorite memory made possible by medication adherence.	Update your personal medication list.
Express gratitude for the support of your peers.	Thank a staff member for their support.	Share a tip for remembering to take medications on time.	Attend a wellness class or activity.	Attend a session on stress management techniques.
Attend a mindfulness or meditation session.	Share a helpful medication adherence tip with peers.	Help a peer understand and read medication labels.	Write down any side effects you notice.	Create a visual medication chart for the week.

Medication Adherence

Choose a healthy snack option today.	Take a walk outside for at least 10 minutes.	Exercise for at least 15 minutes today.	Choose a positive mantra to start your day.	Attend a medication education workshop.
Share a healthy recipe with your peers.	Update your medication adherence chart.	Attend a session on stress management techniques.	Attend a peer-led support group session.	Create a visual medication chart for the week.
Drink a glass of water while taking medications.	Express gratitude for the support of your peers.	Participate in a wellness class focused on nutrition.	Practice deep breathing exercises for relaxation.	Attend a wellness class or activity.
Thank a staff member for their support.	Share a success story about medication adherence.	Help organize a medication support group session.	Celebrate a week of consistent medication adherence.	Share a helpful medication adherence tip with peers.
Write down any side effects you notice.	Help a peer understand and read medication labels.	Attend a nutrition-focused activity or workshop.	Choose a role model who inspires you to prioritize health.	Share a favorite memory made possible by medication adherence.

Medication Adherence

Share a personal goal for improving overall health.	Help a peer understand and read medication labels.	Share a healthy recipe with your peers.	Attend a mindfulness or meditation session.	Attend a nutrition-focused activity or workshop.
Update your personal medication list.	Take a walk outside for at least 10 minutes.	Help organize a medication support group session.	Celebrate a week of consistent medication adherence.	Attend a wellness class or activity.
Attend a medication education workshop.	Update your medication adherence chart.	Thank a staff member for their support.	Attend a check-in session about health and well-being.	Exercise for at least 15 minutes today.
Share a tip for remembering to take medications on time.	Practice deep breathing exercises for relaxation.	Share a favorite memory made possible by medication adherence.	Choose a positive mantra to start your day.	Drink a glass of water while taking medications.
Create a visual medication chart for the week.	Share a success story about medication adherence.	Share a helpful medication adherence tip with peers.	Attend a peer-led support group session.	Participate in a wellness class focused on nutrition.

Medication Adherence

Attend a mindfulness or meditation session.	Share a helpful medication adherence tip with peers.	Attend a medication education workshop.	Practice deep breathing exercises for relaxation.	Attend a session on stress management techniques.
Express gratitude for the support of your peers.	Update your personal medication list.	Choose a healthy snack option today.	Write down any side effects you notice.	Celebrate a week of consistent medication adherence.
Share a favorite memory made possible by medication adherence.	Drink a glass of water while taking medications.	Exercise for at least 15 minutes today.	Share a tip for remembering to take medications on time.	Share a success story about medication adherence.
Help a peer understand and read medication labels.	Create a visual medication chart for the week.	Help organize a medication support group session.	Participate in a wellness class focused on nutrition.	Share a healthy recipe with your peers.
Attend a nutrition-focused activity or workshop.	Take a walk outside for at least 10 minutes.	Share a personal goal for improving overall health.	Attend a check-in session about health and well-being.	Attend a wellness class or activity.

Medication Adherence

Help organize a medication support group session.	Celebrate a week of consistent medication adherence.	Express gratitude for the support of your peers.	Attend a mindfulness or meditation session.	Attend a wellness class or activity.
Choose a positive mantra to start your day.	Exercise for at least 15 minutes today.	Update your medication adherence chart.	Choose a role model who inspires you to prioritize health.	Share a helpful medication adherence tip with peers.
Attend a session on stress management techniques.	Create a visual medication chart for the week.	Share a favorite memory made possible by medication adherence.	Attend a medication education workshop.	Share a tip for remembering to take medications on time.
Share a success story about medication adherence.	Drink a glass of water while taking medications.	Update your personal medication list.	Practice deep breathing exercises for relaxation.	Share a personal goal for improving overall health.
Thank a staff member for their support.	Choose a healthy snack option today.	Attend a nutrition-focused activity or workshop.	Attend a check-in session about health and well-being.	Participate in a wellness class focused on nutrition.

Medication Adherence

Share a favorite memory made possible by medication adherence.	Choose a healthy snack option today.	Attend a peer-led support group session.	Exercise for at least 15 minutes today.	Choose a positive mantra to start your day.
Share a tip for remembering to take medications on time.	Attend a nutrition-focused activity or workshop.	Attend a session on stress management techniques.	Share a success story about medication adherence.	Take a walk outside for at least 10 minutes.
Express gratitude for the support of your peers.	Help organize a medication support group session.	Share a healthy recipe with your peers.	Practice deep breathing exercises for relaxation.	Attend a wellness class or activity.
Celebrate a week of consistent medication adherence.	Attend a check-in session about health and well-being.	Help a peer understand and read medication labels.	Attend a medication education workshop.	Share a personal goal for improving overall health.
Choose a role model who inspires you to prioritize health.	Attend a mindfulness or meditation session.	Drink a glass of water while taking medications.	Create a visual medication chart for the week.	Write down any side effects you notice.

Medication Adherence

Choose a positive mantra to start your day.	Attend a peer-led support group session.	Share a tip for remembering to take medications on time.	Update your personal medication list.	Create a visual medication chart for the week.
Attend a nutrition-focused activity or workshop.	Share a favorite memory made possible by medication adherence.	Exercise for at least 15 minutes today.	Express gratitude for the support of your peers.	Participate in a wellness class focused on nutrition.
Choose a role model who inspires you to prioritize health.	Attend a wellness class or activity.	Share a helpful medication adherence tip with peers.	Thank a staff member for their support.	Attend a check-in session about health and well-being.
Drink a glass of water while taking medications.	Help organize a medication support group session.	Help a peer understand and read medication labels.	Attend a medication education workshop.	Share a personal goal for improving overall health.
Share a healthy recipe with your peers.	Attend a session on stress management techniques.	Practice deep breathing exercises for relaxation.	Share a success story about medication adherence.	Choose a healthy snack option today.

Medication Adherence

Celebrate a week of consistent medication adherence.	Choose a healthy snack option today.	Drink a glass of water while taking medications.	Attend a mindfulness or meditation session.	Participate in a wellness class focused on nutrition.
Help organize a medication support group session.	Share a personal goal for improving overall health.	Exercise for at least 15 minutes today.	Attend a medication education workshop.	Update your personal medication list.
Attend a session on stress management techniques.	Express gratitude for the support of your peers.	Update your medication adherence chart.	Attend a peer-led support group session.	Share a healthy recipe with your peers.
Share a tip for remembering to take medications on time.	Choose a role model who inspires you to prioritize health.	Share a favorite memory made possible by medication adherence.	Practice deep breathing exercises for relaxation.	Write down any side effects you notice.
Attend a wellness class or activity.	Share a success story about medication adherence.	Attend a check-in session about health and well-being.	Share a helpful medication adherence tip with peers.	Take a walk outside for at least 10 minutes.

Medication Adherence

Attend a medication education workshop.	Create a visual medication chart for the week.	Express gratitude for the support of your peers.	Attend a wellness class or activity.	Share a success story about medication adherence.
Take a walk outside for at least 10 minutes.	Share a personal goal for improving overall health.	Share a helpful medication adherence tip with peers.	Write down any side effects you notice.	Update your personal medication list.
Share a favorite memory made possible by medication adherence.	Thank a staff member for their support.	Share a tip for remembering to take medications on time.	Exercise for at least 15 minutes today.	Participate in a wellness class focused on nutrition.
Attend a check-in session about health and well-being.	Help a peer understand and read medication labels.	Drink a glass of water while taking medications.	Help organize a medication support group session.	Practice deep breathing exercises for relaxation.
Choose a positive mantra to start your day.	Choose a role model who inspires you to prioritize health.	Update your medication adherence chart.	Share a healthy recipe with your peers.	Choose a healthy snack option today.

Medication Adherence

Express gratitude for the support of your peers.	Drink a glass of water while taking medications.	Share a success story about medication adherence.	Share a tip for remembering to take medications on time.	Attend a peer-led support group session.
Attend a session on stress management techniques.	Attend a mindfulness or meditation session.	Celebrate a week of consistent medication adherence.	Share a healthy recipe with your peers.	Choose a healthy snack option today.
Choose a positive mantra to start your day.	Exercise for at least 15 minutes today.	Attend a check-in session about health and well-being.	Choose a role model who inspires you to prioritize health.	Update your personal medication list.
Create a visual medication chart for the week.	Help organize a medication support group session.	Thank a staff member for their support.	Take a walk outside for at least 10 minutes.	Attend a nutrition-focused activity or workshop.
Help a peer understand and read medication labels.	Share a helpful medication adherence tip with peers.	Participate in a wellness class focused on nutrition.	Share a personal goal for improving overall health.	Practice deep breathing exercises for relaxation.

Medication Adherence

Create a visual medication chart for the week.	Attend a mindfulness or meditation session.	Attend a check-in session about health and well-being.	Share a favorite memory made possible by medication adherence.	Attend a peer-led support group session.
Exercise for at least 15 minutes today.	Practice deep breathing exercises for relaxation.	Express gratitude for the support of your peers.	Help a peer understand and read medication labels.	Participate in a wellness class focused on nutrition.
Share a personal goal for improving overall health.	Drink a glass of water while taking medications.	Choose a positive mantra to start your day.	Choose a healthy snack option today.	Choose a role model who inspires you to prioritize health.
Share a healthy recipe with your peers.	Attend a wellness class or activity.	Take a walk outside for at least 10 minutes.	Thank a staff member for their support.	Celebrate a week of consistent medication adherence.
Update your medication adherence chart.	Attend a session on stress management techniques.	Attend a nutrition-focused activity or workshop.	Share a success story about medication adherence.	Share a tip for remembering to take medications on time.

Medication Adherence

Take a walk outside for at least 10 minutes.	Attend a wellness class or activity.	Choose a role model who inspires you to prioritize health.	Share a tip for remembering to take medications on time.	Choose a positive mantra to start your day.
Create a visual medication chart for the week.	Attend a nutrition-focused activity or workshop.	Choose a healthy snack option today.	Attend a peer-led support group session.	Update your personal medication list.
Exercise for at least 15 minutes today.	Help a peer understand and read medication labels.	Participate in a wellness class focused on nutrition.	Share a success story about medication adherence.	Thank a staff member for their support.
Practice deep breathing exercises for relaxation.	Attend a session on stress management techniques.	Help organize a medication support group session.	Share a healthy recipe with your peers.	Celebrate a week of consistent medication adherence.
Attend a medication education workshop.	Share a favorite memory made possible by medication adherence.	Attend a check-in session about health and well-being.	Drink a glass of water while taking medications.	Update your medication adherence chart.

Medication Adherence

Write down any side effects you notice.	Attend a wellness class or activity.	Share a healthy recipe with your peers.	Exercise for at least 15 minutes today.	Express gratitude for the support of your peers.
Help organize a medication support group session.	Attend a check-in session about health and well-being.	Celebrate a week of consistent medication adherence.	Update your medication adherence chart.	Help a peer understand and read medication labels.
Attend a mindfulness or meditation session.	Drink a glass of water while taking medications.	Share a tip for remembering to take medications on time.	Thank a staff member for their support.	Share a helpful medication adherence tip with peers.
Share a favorite memory made possible by medication adherence.	Create a visual medication chart for the week.	Choose a role model who inspires you to prioritize health.	Choose a healthy snack option today.	Attend a nutrition-focused activity or workshop.
Share a personal goal for improving overall health.	Share a success story about medication adherence.	Participate in a wellness class focused on nutrition.	Attend a medication education workshop.	Take a walk outside for at least 10 minutes.

Medication Adherence

Share a healthy recipe with your peers.	Update your personal medication list.	Help a peer understand and read medication labels.	Express gratitude for the support of your peers.	Celebrate a week of consistent medication adherence.
Practice deep breathing exercises for relaxation.	Participate in a wellness class focused on nutrition.	Drink a glass of water while taking medications.	Share a personal goal for improving overall health.	Attend a medication education workshop.
Thank a staff member for their support.	Attend a peer-led support group session.	Take a walk outside for at least 10 minutes.	Attend a session on stress management techniques.	Attend a nutrition-focused activity or workshop.
Choose a positive mantra to start your day.	Share a tip for remembering to take medications on time.	Update your medication adherence chart.	Share a success story about medication adherence.	Help organize a medication support group session.
Attend a check-in session about health and well-being.	Share a favorite memory made possible by medication adherence.	Write down any side effects you notice.	Exercise for at least 15 minutes today.	Create a visual medication chart for the week.

Medication Adherence

Create a visual medication chart for the week.	Attend a check-in session about health and well-being.	Attend a peer-led support group session.	Choose a positive mantra to start your day.	Drink a glass of water while taking medications.
Help a peer understand and read medication labels.	Help organize a medication support group session.	Attend a mindfulness or meditation session.	Choose a healthy snack option today.	Attend a medication education workshop.
Share a success story about medication adherence.	Share a favorite memory made possible by medication adherence.	Practice deep breathing exercises for relaxation.	Share a helpful medication adherence tip with peers.	Choose a role model who inspires you to prioritize health.
Take a walk outside for at least 10 minutes.	Attend a nutrition-focused activity or workshop.	Exercise for at least 15 minutes today.	Update your medication adherence chart.	Update your personal medication list.
Write down any side effects you notice.	Share a healthy recipe with your peers.	Thank a staff member for their support.	Share a personal goal for improving overall health.	Celebrate a week of consistent medication adherence.

Medication Adherence

Choose a role model who inspires you to prioritize health.	Choose a positive mantra to start your day.	Attend a check-in session about health and well-being.	Help organize a medication support group session.	Thank a staff member for their support.
Attend a nutrition-focused activity or workshop.	Share a healthy recipe with your peers.	Share a success story about medication adherence.	Participate in a wellness class focused on nutrition.	Share a personal goal for improving overall health.
Share a favorite memory made possible by medication adherence.	Choose a healthy snack option today.	Write down any side effects you notice.	Create a visual medication chart for the week.	Update your personal medication list.
Attend a wellness class or activity.	Celebrate a week of consistent medication adherence.	Exercise for at least 15 minutes today.	Take a walk outside for at least 10 minutes.	Share a tip for remembering to take medications on time.
Share a helpful medication adherence tip with peers.	Help a peer understand and read medication labels.	Update your medication adherence chart.	Express gratitude for the support of your peers.	Attend a peer-led support group session.

Medication Adherence

Share a helpful medication adherence tip with peers.	Participate in a wellness class focused on nutrition.	Attend a wellness class or activity.	Attend a mindfulness or meditation session.	Write down any side effects you notice.
Choose a role model who inspires you to prioritize health.	Thank a staff member for their support.	Express gratitude for the support of your peers.	Help a peer understand and read medication labels.	Drink a glass of water while taking medications.
Share a tip for remembering to take medications on time.	Share a personal goal for improving overall health.	Attend a peer-led support group session.	Exercise for at least 15 minutes today.	Celebrate a week of consistent medication adherence.
Create a visual medication chart for the week.	Help organize a medication support group session.	Choose a healthy snack option today.	Attend a check-in session about health and well-being.	Attend a nutrition-focused activity or workshop.
Take a walk outside for at least 10 minutes.	Choose a positive mantra to start your day.	Attend a session on stress management techniques.	Update your medication adherence chart.	Share a healthy recipe with your peers.

Medication Adherence

Participate in a wellness class focused on nutrition.	Exercise for at least 15 minutes today.	Thank a staff member for their support.	Share a personal goal for improving overall health.	Attend a peer-led support group session.
Update your personal medication list.	Attend a nutrition-focused activity or workshop.	Choose a healthy snack option today.	Create a visual medication chart for the week.	Attend a check-in session about health and well-being.
Choose a positive mantra to start your day.	Update your medication adherence chart.	Share a success story about medication adherence.	Take a walk outside for at least 10 minutes.	Write down any side effects you notice.
Choose a role model who inspires you to prioritize health.	Express gratitude for the support of your peers.	Attend a mindfulness or meditation session.	Share a healthy recipe with your peers.	Share a favorite memory made possible by medication adherence.
Share a helpful medication adherence tip with peers.	Share a tip for remembering to take medications on time.	Practice deep breathing exercises for relaxation.	Attend a session on stress management techniques.	Drink a glass of water while taking medications.

Medication Adherence

Attend a check-in session about health and well-being.	Celebrate a week of consistent medication adherence.	Choose a positive mantra to start your day.	Attend a wellness class or activity.	Share a favorite memory made possible by medication adherence.
Attend a medication education workshop.	Share a success story about medication adherence.	Create a visual medication chart for the week.	Share a healthy recipe with your peers.	Choose a role model who inspires you to prioritize health.
Take a walk outside for at least 10 minutes.	Attend a peer-led support group session.	Help organize a medication support group session.	Write down any side effects you notice.	Drink a glass of water while taking medications.
Attend a nutrition-focused activity or workshop.	Participate in a wellness class focused on nutrition.	Share a helpful medication adherence tip with peers.	Help a peer understand and read medication labels.	Exercise for at least 15 minutes today.
Share a tip for remembering to take medications on time.	Express gratitude for the support of your peers.	Practice deep breathing exercises for relaxation.	Update your medication adherence chart.	Update your personal medication list.

Medication Adherence

Drink a glass of water while taking medications.	Share a success story about medication adherence.	Celebrate a week of consistent medication adherence.	Write down any side effects you notice.	Thank a staff member for their support.
Share a personal goal for improving overall health.	Exercise for at least 15 minutes today.	Update your personal medication list.	Share a tip for remembering to take medications on time.	Share a healthy recipe with your peers.
Attend a medication education workshop.	Attend a check-in session about health and well-being.	Share a helpful medication adherence tip with peers.	Update your medication adherence chart.	Attend a peer-led support group session.
Participate in a wellness class focused on nutrition.	Create a visual medication chart for the week.	Attend a nutrition-focused activity or workshop.	Practice deep breathing exercises for relaxation.	Choose a healthy snack option today.
Take a walk outside for at least 10 minutes.	Express gratitude for the support of your peers.	Help a peer understand and read medication labels.	Choose a role model who inspires you to prioritize health.	Choose a positive mantra to start your day.

Medication Adherence

Share a success story about medication adherence.	Practice deep breathing exercises for relaxation.	Choose a role model who inspires you to prioritize health.	Help organize a medication support group session.	Thank a staff member for their support.
Attend a wellness class or activity.	Write down any side effects you notice.	Take a walk outside for at least 10 minutes.	Share a personal goal for improving overall health.	Share a helpful medication adherence tip with peers.
Share a healthy recipe with your peers.	Attend a check-in session about health and well-being.	Update your medication adherence chart.	Express gratitude for the support of your peers.	Participate in a wellness class focused on nutrition.
Share a favorite memory made possible by medication adherence.	Attend a nutrition-focused activity or workshop.	Attend a mindfulness or meditation session.	Choose a positive mantra to start your day.	Choose a healthy snack option today.
Attend a peer-led support group session.	Celebrate a week of consistent medication adherence.	Exercise for at least 15 minutes today.	Attend a session on stress management techniques.	Share a tip for remembering to take medications on time.

Medication Adherence

Write down any side effects you notice.	Choose a role model who inspires you to prioritize health.	Attend a mindfulness or meditation session.	Take a walk outside for at least 10 minutes.	Thank a staff member for their support.
Share a helpful medication adherence tip with peers.	Update your personal medication list.	Attend a check-in session about health and well-being.	Celebrate a week of consistent medication adherence.	Attend a peer-led support group session.
Attend a medication education workshop.	Create a visual medication chart for the week.	Attend a nutrition-focused activity or workshop.	Choose a healthy snack option today.	Exercise for at least 15 minutes today.
Update your medication adherence chart.	Express gratitude for the support of your peers.	Share a tip for remembering to take medications on time.	Share a personal goal for improving overall health.	Attend a wellness class or activity.
Share a favorite memory made possible by medication adherence.	Participate in a wellness class focused on nutrition.	Share a healthy recipe with your peers.	Share a success story about medication adherence.	Attend a session on stress management techniques.

Medication Adherence

Help a peer understand and read medication labels.	Celebrate a week of consistent medication adherence.	Attend a medication education workshop.	Attend a wellness class or activity.	Thank a staff member for their support.
Share a healthy recipe with your peers.	Express gratitude for the support of your peers.	Share a personal goal for improving overall health.	Attend a session on stress management techniques.	Choose a role model who inspires you to prioritize health.
Share a success story about medication adherence.	Drink a glass of water while taking medications.	Exercise for at least 15 minutes today.	Attend a peer-led support group session.	Update your medication adherence chart.
Practice deep breathing exercises for relaxation.	Update your personal medication list.	Attend a mindfulness or meditation session.	Create a visual medication chart for the week.	Share a favorite memory made possible by medication adherence.
Participate in a wellness class focused on nutrition.	Choose a positive mantra to start your day.	Attend a nutrition-focused activity or workshop.	Attend a check-in session about health and well-being.	Share a helpful medication adherence tip with peers.