

# BOYLAN BINGO

celebrating childhood health and wellness

Try a new recipe	Do a jumping jack for each letter of your name	Stretch for 5 min	Do calf raises when you wash your hands	Paint a kindness rock
Time how long you can stand on one leg	Create a TikTok	Play a game of Simon Says	Start a book club	Cuddle a pet
Video chat with a loved one	Do a yoga video	<b>BB</b>	Do 15 squats	Learn something new
Make a vision board	Draw a picture of your future self	Call a loved one	Do a workout video at home	Eat a piece of fruit
Follow us on social media	Try a meditation app	Take a nap	Play a board or mobile game	Dance to your favorite song

**RIVERSIDE MEDICAL CLINIC**  
**CHARITABLE FOUNDATION**

For rules and additional information visit: [bit.ly/BoylanBingo2020](https://bit.ly/BoylanBingo2020)

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# Learn more about our 2020 #BoylanBingo Exhibitors

<p><b>American Medical Response (AMR)</b></p>		<p><a href="http://www.amr.net">www.amr.net</a></p>	<p>FB: @AMRriversidecounty IG: @cpr.with.amr.riv</p>
<p><b>Big Brothers Big Sisters</b></p>		<p><a href="http://www.iebig.org">www.iebig.org</a></p>	<p>FB: @bbbsie IG: @bbbsie</p>
<p><b>City of Riverside Community Emergency Response Team</b></p>		<p><a href="http://www.riversideca.gov/fire/special-programs/cert">www.riversideca.gov/fire/special-programs/cert</a></p>	<p>FB: @CityofRiversideFire IG: @CityofRiversideFireDepartment</p>
<p><b>Feeding America Riverside-San Bernardino</b></p>		<p><a href="http://www.feedingamericaie.org">www.feedingamericaie.org</a></p>	<p>FB: @feedingamericaie IG: @feedingamericaie</p>
<p><b>Operation Safe House</b></p>		<p><a href="http://www.operationsafehouse.org">www.operationsafehouse.org</a></p>	<p>FB: @operationsafehouse IG: @operationsafehouse</p>
<p><b>RUSD Early Childhood &amp; Family Education</b></p>		<p><a href="http://www.riversideunified.org/parents/early_childhood_programs">www.riversideunified.org/parents/early_childhood_programs</a></p>	<p>FB: @RiversideUnified IG: @RiversideUnified</p>
<p><b>TODEC Legal Center</b></p>		<p><a href="http://www.todec.org">www.todec.org</a></p>	<p>FB: @todec1 IG: @todec1</p>
<p><b>Voices for Children</b></p>		<p><a href="http://www.speakupnow.org">www.speakupnow.org</a></p>	<p>FB: @voices_for_children IG: @VoicesForChildrenSD</p>
<p><b>Young Living Essential Oils - Debbie Johnson</b></p>		<p><a href="http://www.groundedliving.blog">www.groundedliving.blog</a></p>	<p>FB: @lifegrounded IG: @groundedlivingdeb</p>

# Thank You to our 2020 #BoylanBingo Sponsors

<p><b>Riverside Medical Clinic</b></p>		<p><a href="http://www.riversidemedicalclinic.com">www.riversidemedicalclinic.com</a></p>	<p>FB: @RiversideMedicalClinic IG: @RiversideMedicalClinicCA</p>
<p><b>City of Riverside</b></p>		<p><a href="http://www.cityofriverside.gov">www.cityofriverside.gov</a></p>	<p>FB: @CityOfRiverside IG: @CityOfRiverside</p>
<p>Special thanks to our corporate and individual sponsors EPIC, Dr. James E. Agee, Howard Boylan, Nate &amp; Barb Olson, Art &amp; Margaret Olivas, David &amp; Patricia Randel, and Richard &amp; Karen Rosenberg.</p>			
<p><b>Anti-Bullying Institute</b></p>		<p><a href="http://www.antibullyinginstitute.org">www.antibullyinginstitute.org</a></p>	<p>FB: @antibullyinginstitute.org IG: @antibullyinginstitute</p>

Visit [www.RMCcharity.org](http://www.RMCcharity.org) to learn more about our upcoming support groups, webinars, and resources!

