

**NYC & LA - Social Calendar Exclusive!**

In-Person

90 min

25 - 1,000 guests

\$15 pp

W-E-L-L-! is the new B-I-N-G-O!

Our Wellness Bingo is designed to promote more intentional small moments of happiness and well-being.

Our hosts will come to your office and set up a series of prompts rooted in wellness. Employees can apply what they learn to their well-being in the workplace *and* their well-being at home -- and each prompt is designed with the ultimate goal of helping you and your team thrive in your environment.

[According to the University of Pennsylvania](#), the benefits of better well-being are far-reaching and go beyond simply feeling good. Individuals with higher levels of well-being are demonstrated to:

- Perform better at work
- Have more satisfying relationships
- Be more cooperative
- Have stronger immune systems
- Have better physical health
- Live longer
- Have reduced cardiovascular mortality
- Have fewer sleep problems
- Have lower levels of burnout
- Have greater self-control
- Have better self-regulation and coping abilities

Wellness Bingo is a fast-casual event exclusive to Social Calendar by teambuilding.com.

What is Social Calendar by teambuilding.com?

Social Calendar is a series of events carefully designed to support connections, growth, and a positive work environment all while cultivating a thriving office culture in just 12 months.

You get a curated calendar of 12+ remarkable events, and our top-tier hosts travel to your NYC or LA office and set up on-site to facilitate social experiences. Our relaxed event structure allows employees to reap the benefits of more engagement and interaction on a schedule that works for them, while the consistent events grow deeper bonds.

We offer opportunities for regular feedback and engagement reports. Social Calendar by teambuilding.com offers access to our premium programming at a reasonable rate, allowing you to outsource employee engagement to our industry-leading team.

Agenda

Total	90 minutes
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Your Experience

- 90 minutes with a professional teambuilding.com host.
- Includes all game materials for effective team building.
- We take fun team photos you can share anywhere.

Things to Know

- You can book for an estimated # of guests and update it later. Added guests are invoiced at the per person rate and removed guests are credited to your teambuilding.com account.
- You provide the office space, we provide everything else needed for an event that's fun and jam-packed full of stealth education for your team.

Your Host Team



Lead Host

This experience is led by an expert teambuilding.com host that makes sure everyone participates and has a great time.



Co-Host

A co-host manages the technical aspects and "behind the scenes" work so that it all runs smoothly.



VIP Support

VIP Support is your point of contact before the experience and handles any follow up tasks.



Client Advisor

Your client advisor can help with customizations, large groups and multi-event packages.

About teambuilding.com

We build and run world class team building experiences, with 1,000,000+ participants and 45,000+ clients to date. You can choose from 50+ experiences, both in-person and virtual that are designed to maximize participation, engagement, teamwork and happiness. Every experience is led by an expert teambuilding.com host with substantial training to make sure your experience exceeds expectations.

This document is current as of 2024/05/03.

Until a booking is confirmed, availability, pricing and terms may be subject to change.

Booking [terms & conditions](#) apply, including cancellation and refund policies.

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