



# CYCLENATION BINGO



Donate to support a rider you know	Vista derramecerebral.org	Go for a bike ride	Destress with a 5-minute meditation	Check your blood pressure
SAVE THE DATE for CycleNation	Sign up for CycleNation	Try a task with your non-dominant hand	Try the B.E. F.A.S.T. experience online	Post on social media with #CycleNation Chicago
Make a cycling playlist	Start a CycleNation team	<b>FREE SPACE</b>	Learn your stroke risk factors	DESIGN your CycleNation team T-shirts
Aprenda los senales de derrame cerebral con el acrónimo R.Á.P.I.D.O.	Hear a stroke survivor story	Memorize the B.E. F.A.S.T. acronym	Try a spinning class	Reach out to our Chicago CycleNation team to learn more!
Register at least 10 riders at your company	Visit stroke.org	Cook a low-salt recipe	Join a CycleNation team	Tell a friend about CycleNation