



CHRONIC DISEASE BINGO: ASTHMA

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Health insurance	Being mindful	Stages of acceptance	Medication	Ongoing Care
Hope	Recovery is a process	Getting adequate sleep	No known cure	Multiple protective factors
Exercise	Family Support	Free!	Stigmatized	Therapy
Denial	Nutrition	Screening	Multiple Risk Factors	There are myths about this disease
Worsened by tobacco use	Genetic Risk	Spousal support	Spirituality	Gratitude

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CHRONIC DISEASE BINGO: HEART DISEASE

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Health insurance	Being mindful	Stages of acceptance	Medication	Ongoing Care
Hope	Recovery is a process	Getting adequate sleep	No known cure	Multiple protective factors
Exercise	Family Support	Free!	Stigmatized	Therapy
Denial	Nutrition	Screening	Multiple Risk Factors	There are myths about this disease
Worsened by tobacco use	Genetic Risk	Spousal support	Spirituality	Gratitude



CHRONIC DISEASE BINGO: ADDICTION

B I N G O

Health insurance	Being mindful	Stages of acceptance	Medication	Ongoing Care
Hope	Recovery is a process	Getting adequate sleep	No known cure	Multiple protective factors
Exercise	Family Support	Free!	Stigmatized	Therapy
Denial	Nutrition	Screening	Multiple Risk Factors	There are myths about this disease
Worsened by tobacco use	Genetic Risk	Spousal support	Spirituality	Gratitude



CHRONIC DISEASE BINGO: DIABETES

B I N G O

Health insurance	Being mindful	Stages of acceptance	Medication	Ongoing Care
Hope	Recovery is a process	Getting adequate sleep	No known cure	Multiple protective factors
Exercise	Family Support	Free!	Stigmatized	Therapy
Denial	Nutrition	Screening	Multiple Risk Factors	There are myths about this disease
Worsened by tobacco use	Genetic Risk	Spousal support	Spirituality	Gratitude