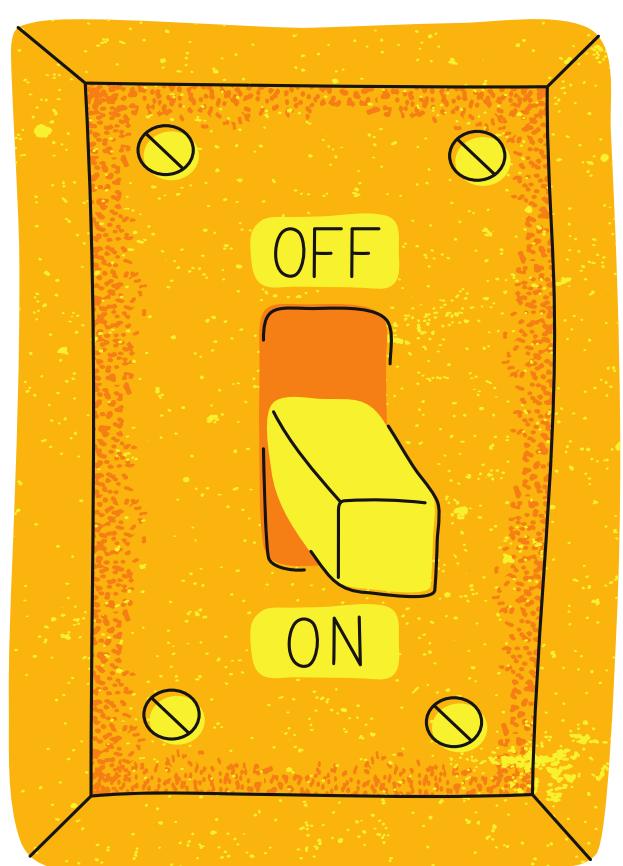


WELLNESS WEDNESDAY

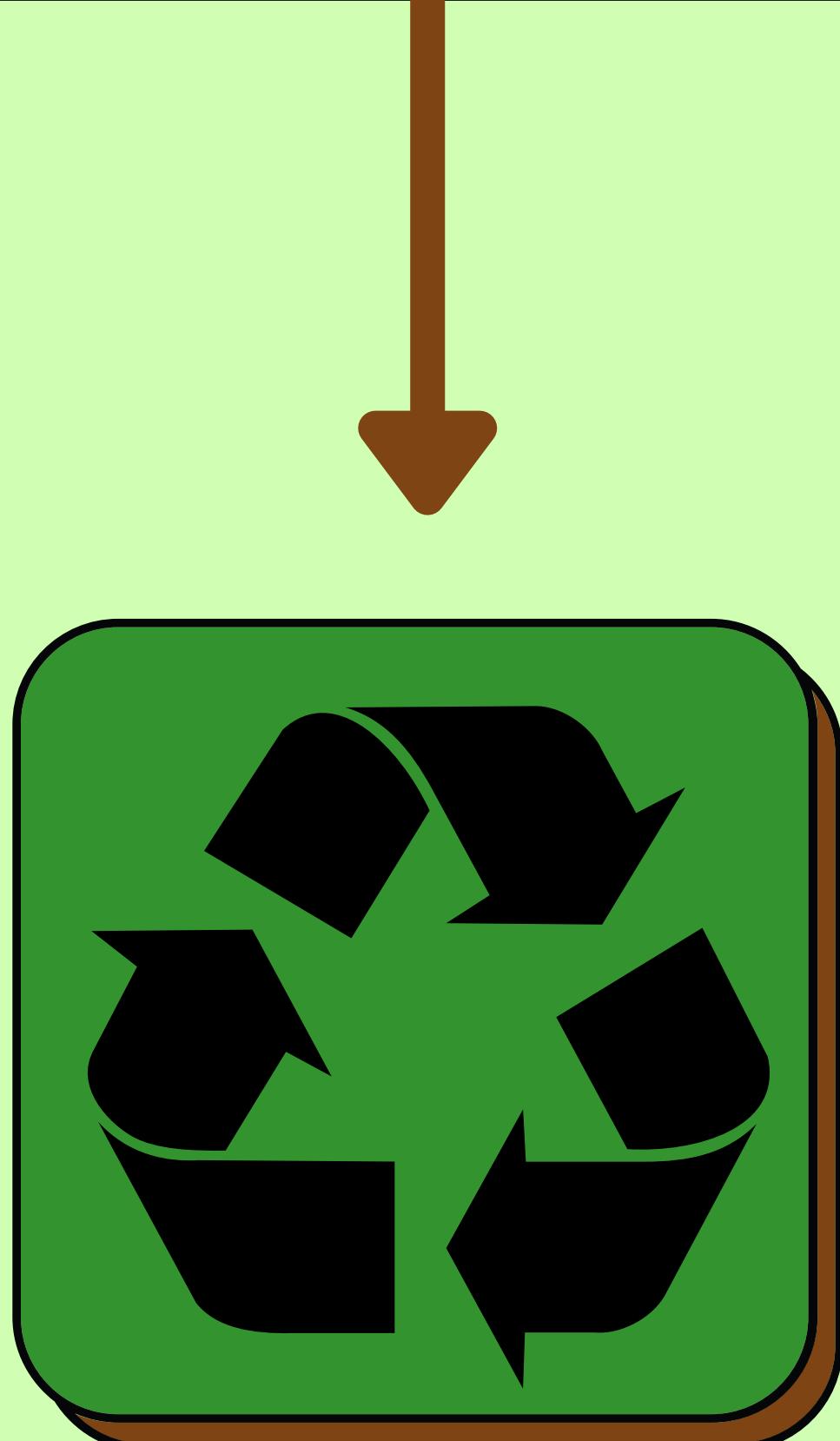
What is environmental wellness?

Let's talk about it.

Environmental wellness refers to the demonstration of respect towards nature and the environment, while also ensuring a healthy relationship between you and your surroundings.



Save energy by turning off light switches and unplugging devices.



Recycle plastics, paper, etc. Use reusable bottles and bags.



Support the community and shop at local markets.



Reduce greenhouse gasses by carpooling, biking and walking.



Connect with nature and spend time outdoors.



Limit noise and environmental hazards by finding a safe space for relaxation.



Environmental Wellness Videos For Kids

How to Care for the Environment

Environmental Wellness

Mindfulness for Children -(breathing exercises)

5 Reasons to Go Outside

Shop Local