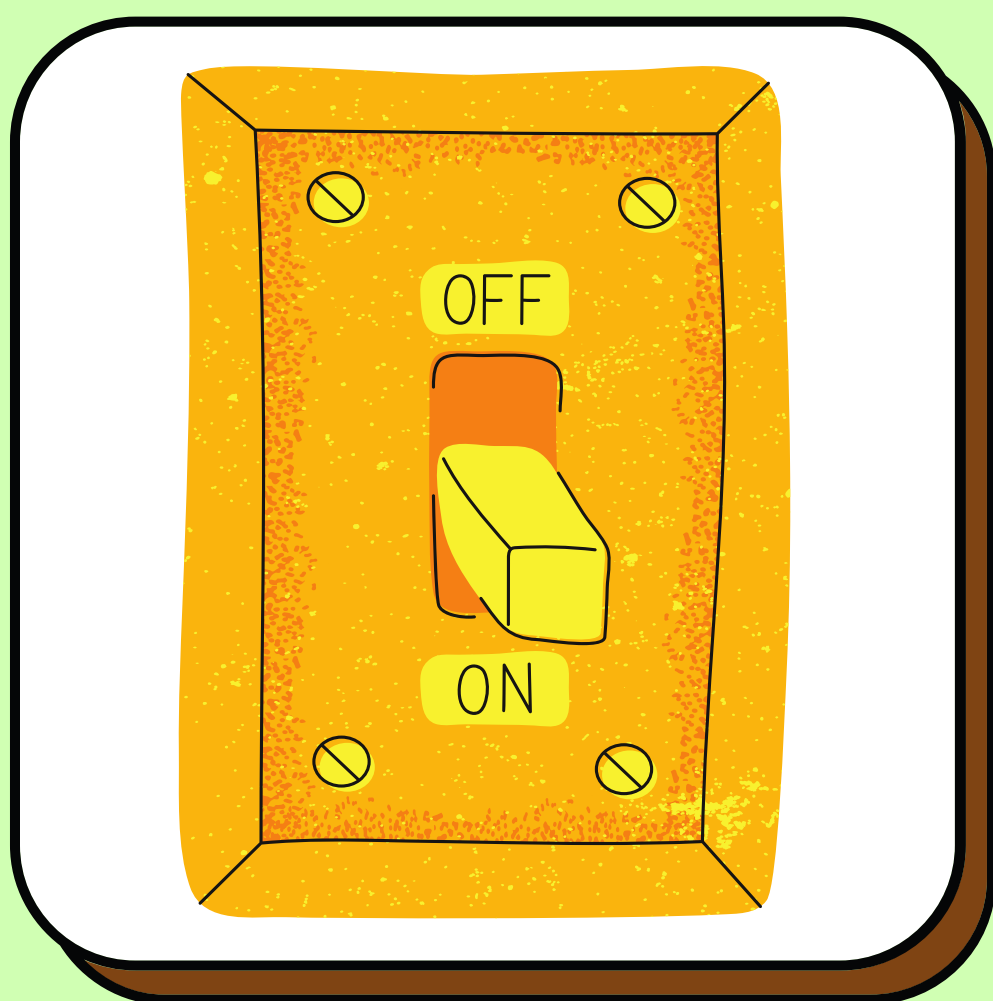


WELLNESS WEDNESDAY

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.



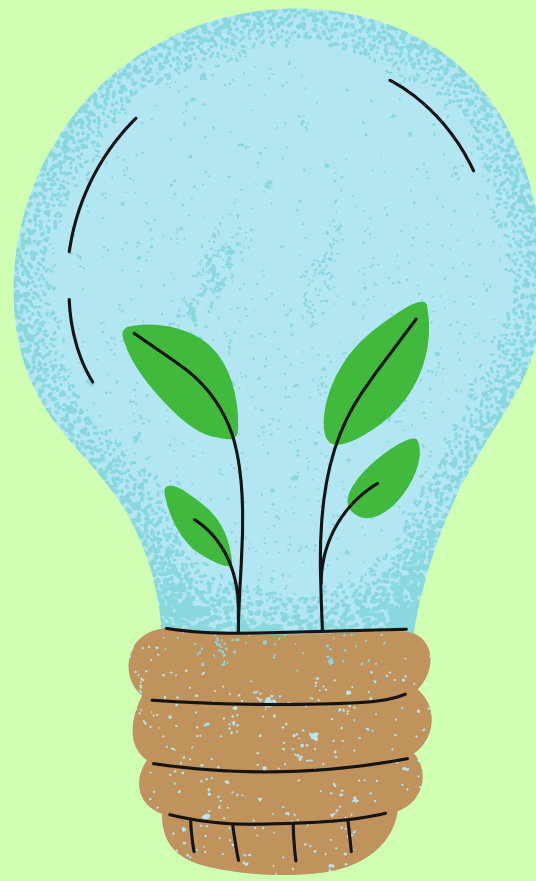
Reduce
greenhouse gasses
by carpooling,
biking and
walking.



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