

WHAT'S UP WITH WELLNESS!

NOVEMBER 2019

S M T W T F S

					1	2
3	4	5 Lincoln Lesson 5:30 CVM201	6 Wellness Wagon 10am-2pm	7 Meditation 12:15pm SA100	8	9
10	11 Nature Hike (Date subject to change)	12	13 Wellness Wagon 10am-2pm	14 Meditation 12:15pm SA100	15	16
17	18	19	20 Wellness Wagon 10am-2pm	21	22 "Thank You" activity	23
24	25 Pumpkin Day	26	27 	28 	29 	30

ENVIRONMENTAL WELL-BEING

What is it?

Environmental well-being - Recognizing your interconnections with nature, and taking an active role in preserving, protecting and improving the environment

It can be hard with the everyday stresses to pay attention to your environmental well-being. For me, my home is my "healing environment"; this is where I go to wind down and relax. Other things you could do to improve your environmental well-being is to spend quality time in nature, drink plenty of water, eat organic, and turn your cell phone off for at least one hour a day and reconnect with yourself. What better time to reconnect with nature than the beautiful Fall season!

ENVIRONMENTAL IMPACTS ON YOUR HEALTH

Indoor air quality

Water quality

Food source and quality

EMF Exposure

Sights and sounds