



Environmental Wellness

We may not think much about Environmental Wellness as part of an overall wellness plan, but our environment and how we feel about it can have a huge impact on the way we feel overall.

Environmental well-being includes trying to live in harmony with the Earth by understanding the impact of your interaction with nature and your personal environment, and taking action to protect the world around you. Protecting yourself from environmental hazards and minimizing the negative impact of your behavior on the environment are also central elements.

Leading a lifestyle that is respectful to our environment and minimizes any harm done to it is a critical part of environmental wellness. Examples of environmental threats include air pollution, ultraviolet radiation in the sunlight, chemicals, noise, water pollution, and second-hand smoke.

Achieving Environmental Wellness

Environmental wellness involves a number of different aspects of personal and societal responsibilities, including:

- Being aware of the earth's natural resources and their respective limits
- Living a life accountable to environmental needs, both in the present and in the long-term
- Realizing the effects of their daily habits on the world around them

Are you engaged in the process of environmental wellness?

- Do I recycle?
- If I see a safety hazard, do I take the steps to fix the problem?

WHAT'S IN THIS MONTH'S ISSUE:

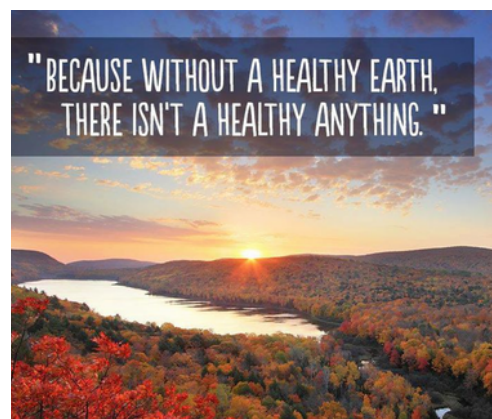
- Environmental Wellness
- Music in the Park and Walk
- Upgrade Bike Share, Farmer's Markets, and more!

- Do I volunteer time to worthy causes?
- Am I aware of my surroundings at all times?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your environmental wellness.

Small Steps to Improve Environmental Wellness

- Stick to reusable water bottles.
- When possible, eat local. Take advantage of local farmers' markets, CSAs, and restaurants that serve local foods.
- Turn it off. Whether it's a faucet while you're brushing your teeth or the TV when you leave the room, if you aren't using something turn it off.
- Make your travel environmentally friendly. When possible walk, ride your bike, or take public transportation.
- Clean green. Using natural or homemade cleaning products is better for you, your home, pets, and the environment.
- Stop your junk mail. Receive information electronically, when possible.
- Use reusable shopping bags.
- Recycle small electronics, batteries, print cartridges, clothing, shoes, etc.
- Safely dispose of household toxins.
- Install smoke and CO2 detectors.



Sign up!

MUSIC IN THE PARK

Join us for a stroll along historic First Street in Downtown Evansville. Then, relax and enjoy Music in the Park at Sunset Park East brought to you by the Evansville Parks Foundation. Bring a blanket or lawn chair. Food trucks will be available.

THURSDAY, JULY 11

5:30 PM - 8:00 PM

MEET AT SUNSET PARK EAST

at Riverside and Shawnee Drive



Welborn Foundation
Wellness & Fitness Center

Click Here



UPGRADE BIKE SHARE

Get started



One Device Per Bike

- Download the App at WalkBikeEVV.org/bike-share
- Sign up.
- Choose a plan.
- Scan code to unlock and start your ride.
- Pause anytime and lock with the cable.
- End your rental, lock your bike to the rack.
- Clip cable under saddle during ride
- Use the cable and axa ring to lock bike to rack.

Rates

PAY AS YOU GO: \$3 TO UNLOCK, + \$3/HR AFTER FIRST HR
STUDENT ANNUAL MEMBERSHIP: \$30, FIRST 2-HRS FREE
ANNUAL MEMBERSHIP: \$40, FIRST 1-HR FREE

www.walkbikeevv.org/bike-share

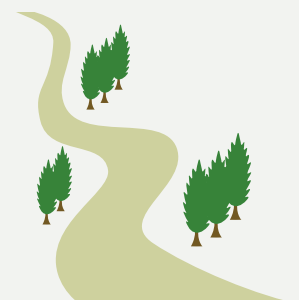
BODY AND MEND FITNESS CLASSES

Summer 2024

MONDAYS MINDFULNESS MONDAYS 11:30-12:00
Ease into your week with meditation and light stretching.

TUESDAYS WALKIE TALKIES 11:30-12:00
Peer-led walking group to improve mental and physical wellbeing.

WEDNESDAYS FUNCTIONAL STRENGTH TRAINING 11:30-12:00
This class emphasizes functional movements, such as squats, lunges, pushing, pulling, and twisting, to improve everyday movement patterns and overall strength. Beginners encouraged to attend.



Welborn Foundation
Wellness & Fitness Center

FARMER'S MARKETS

Franklin Street Bazaar
Saturdays, Late May – Late August
9:00 a.m. - 1:00 p.m.

Henderson Farmers Market (Henderson Co. Fairgrounds)
Tuesdays, Fridays, and Saturdays, May – October
8:00 a.m. - 1:00 p.m.

Market on Main, Downtown Evansville
Wednesdays Early June to Mid-September
9:00 a.m. - 1:00 p.m.



Relax in Gloria's Garden



Sippin' on Sunshine and Smoothies

WATERMELON POWER SMOOTHIE

Watermelon is always so refreshing on a hot day. Be sure to buy your watermelon locally from a farmer's market.



- Watermelon slices
- 1 small frozen banana
- Chunks of frozen mango
- Pinch of spinach
- Fresh lime juice
- Unsweetened almond milk
- 1 scoop chia seeds

Healthy Snacks and Treats

July Wellness Calendar

Exercise Tube Workout



FOR MORE INFO VISIT:



Welborn Foundation
Wellness & Fitness Center