

Wellness Wednesday in the Community

- Explore a new park in your community or the county.
- Take a walk around your neighborhood and stop to greet a neighbor.
- Offer to help a neighbor with yard work or shoveling snow.
- Invite neighborhood kids to draw chalk art on your sidewalk!
- Sign up for community education classes and invite a friend.
- Start a walking group with folks from your neighborhood.
- Invite a friend or neighbor to attend an event in the community or your place of worship...connect with others!
- Start a backyard game of softball, soccer or other active yard game.
- Organize a neighborhood picnic.
- Check out activities offered by park and recreation programs in your community.
- Go to www.MowerRefreshed.org each Wednesday and participate in the Wellness Wednesday weekly question and healthy tip. Win prizes that promote healthy living!
- Start a neighborhood watch group in your neighborhood.

Share how you might practice Wellness Wednesdays in your community and neighborhoods!