



8 Dimensions of Wellness **ENVIRONMENTAL**



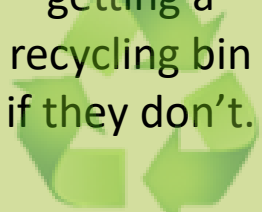
WEEK 5 - DAY 1

WORKSITE WELLNESS

*"If you don't like the way the world is, change it, one step at a time."
-Marian Wright Edelman*



Are you recycling?
Try recycling for one week. Notice how much recycling is thrown away versus being recycled. Does your company recycle? Why not mention getting a recycling bin if they don't.



Click [here](#) for a video on Environmental Wellness.

Environmental Wellness is...

Environmental wellness promotes physical and emotional safety in all of your surroundings. This includes the environment in which you live, work and learn to ensure these areas are pleasant and support your well-being.

Presented by:
The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL