

# 2023

## ENVIRONMENTAL WELLNESS

# CHALLENGE

### JUNE 19<sup>TH</sup> TO JULY 15<sup>TH</sup>, 2023



**Health PEI**  
EMPLOYEE WELLNESS TEAM

Environmental Wellness promotes interaction with nature while also creating an enjoyable personal environment both in and out of your workspace!

When you become environmentally aware, you will be able to realize how your daily habits affect your home life as well as your work life. Improving environmental wellness is simple and results in a more balanced lifestyle.

Complete FIVE of the challenges listed below to earn the Environmental Wellness pin and be entered into the final draw for prizes:

- Clean out and organize a closet, junk drawer, or your vehicle
- Re-pot a houseplant or create a floral arrangement
- Plant a native tree or wildflower (eco-friendly sourced)
- Yard/street clean up litter
- Spend some time at 2 provincial parks
- Go for a walk on a beach or Confederation Trail
- Visit a Farmer's Market
- Visit 3 lighthouses

Take a picture of yourself doing one of the activities, complete the Survey Monkey and attach the picture. Survey at:  
<https://www.surveymonkey.com/r/LTQ5TZC>

Complete the five tasks by July 15. All those who have completed tasks by July 3 will also be entered into an Early Bird Draw.

The Environment Wellness Pin is one of eight, collect them all!



**Health PEI**  
EMPLOYEE WELLNESS TEAM