



Wespath

BENEFITS | INVESTMENTS

Celebrate Earth Day



April 22—protect the Earth's natural resources for future generations.

Earth Day is coming soon. What can you do to help celebrate?

1. **Unplug**—the TV, the computer, the tablet.
2. **Walk or ride your bike instead of driving.**
3. **Recycle more.** Step up your game by recruiting your family, reviewing your community's goals or making a pledge.
4. **Invest in a reusable coffee mug or drinking glass.**
5. **Turn off lights and other electrical items.** Unplug what isn't in use.
6. **Plant something, indoor or out.** All it takes is a small space to house fresh herbs or a small plant.
7. **Use earth-friendly cleaning products like lemon and vinegar.** They are safer for you and for your pets!
8. **Put recyclable bags in your car for grocery shopping.** It's an easy way to remember them.
9. **Eat no meat.** Give a vegetarian or vegan recipe a try.
10. **Connect with nature.** Get outside.

5163/031918

a general agency of The United Methodist Church



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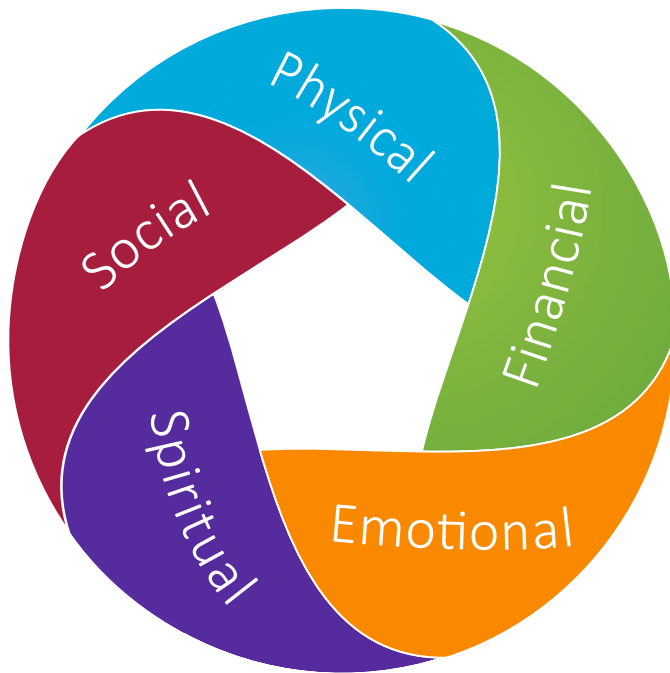
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



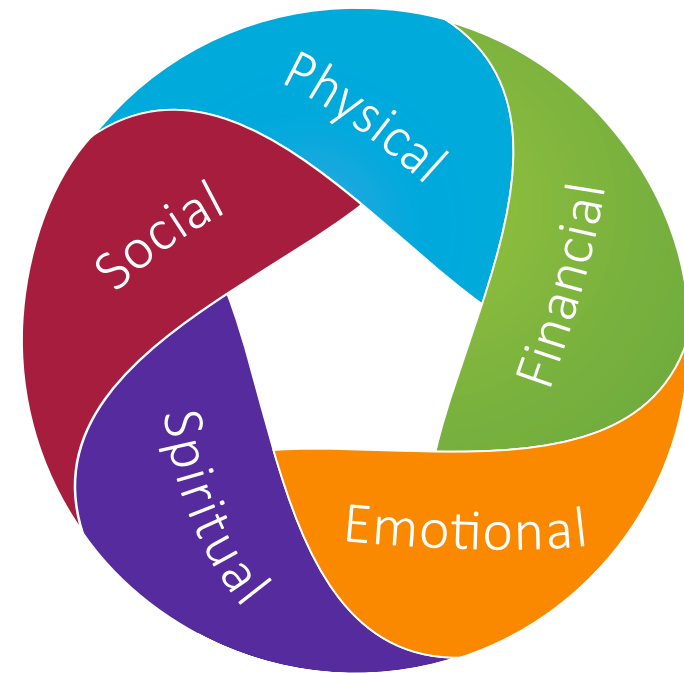
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