

Summer Wellness Series Week 3

Environmental and Social Wellness



This week we explore:

- Environmental Wellness: How our environment affects our wellness.
- Social Wellness: How we interact with our community and those around us.

Explore these opportunities to increase your Environmental and Social Wellness:

- Support your community while treating yourself - [Guide to Farmer's Markets 2023 \(click\)](#).
- Interested in volunteering but not sure where to start - [Volunteer Opportunities \(click\)](#).
- Cycle around Buffalo every Mon. at 6:30 p.m. with other riders - [Slow Roll Buffalo \(click\)](#).
- Want to bike but don't have your own - [Reddy Bikeshare \(click\)](#).
- Hike with a friend - [2023 WNY Hiking Challenge Trails \(click\)](#).

Follow this link <https://eap.cfsbny.org/summer-wellness-series-2/> to find more information, activities and resources, and a guided audio.

