

# Word To Your Mother

If there's one thing everyone has in common, it's our Mother; Mother Earth that is. Are you contributing to a healthy environment or are you neglecting to notice its beauty that needs to be preserved?



## Pick a challenge:

- Go on a nature walk
- Explore a new neighborhood or park
- Pick up litter around your workplace
- Dispose of medicines safely
- Recycle paper, glass, and plastic
- Shorten your showers
- Find a way to upcycle something in your home that has lost its original purpose or function
- Find an alternative way to work
- Get your yard ready for the fall
- Keep a reusable water bottle

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8