



## Hello!

Here is your Health Kit for August 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

Adopting a sustainable lifestyle is one of the best things you can do for the environment. Sustainable living means making conscious choices that reduce your carbon footprint and conserve Earth's resources. In this month's Health Kit, you'll learn small steps you can take to make a big difference in the world we all share.

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### Poster

Check out this month's poster for simple ways you can live smart and do your part to help.

[Download Poster](#)

## Brain Game

Unscramble these words associated with sustainable living.

Download Game

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## Recipe

Did you know going meatless can be good for your health AND the environment? Reducing your meat consumption can save resources like water and fossil fuels used by the meat industry.

Check out this month's meat-free recipe

Download Recipe

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## Podcast

This month's podcast explains six ways you can have a positive impact on the environment.

Listen

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## Short Video

Check out this video to learn about the effects of plastics on the environment and how you can make changes in your own home.

Watch Video

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## Additional Information:

[For More Information on Sustainable Living](#)

## Coming up...

Tune in next month for information on coping with uncertainty.