



Working for
Whitewater's
Wellness

Heroes of Nature

Activity Board Winter Edition

<u>BE ACTIVE</u>	<u>EAT WELL</u>	<u>HEALTHY MINDS</u>	<u>CONNECT</u>
GO SLEDDING	FIND A NEW RECIPE	MEDITATE	CALL A FRIEND
GO FOR A WALK	TRY A NEW FRUIT	WATCH A SUNRISE	BAKE WITH FAMILY
VISIT OR GO ICE SKATING AT BIG BRICK PARK 611 W CENTER ST	HELP YOUR PARENTS MAKE A GROCERY LIST	MAKE A WREATH OUT OF ITEMS FROM THE YARD	WRITE A LETTER TO A FRIEND
SHOVEL SNOW	TRY A NEW VEGETABLE	TRY YOGA	VISIT WHITEWATER CITY MARKET Saturdays 10–noon 1260 W Main St
GO SKIING, SNOWSHOEING OR HIKING	COOK A MEAL FOR YOUR FAMILY	WATCH A SUNSET	GO BOWLING HAWK BOWL 1398 W MAIN ST



Heroes of Nature

Let's learn more!

Heroes of Nature is a Facebook Group that promotes positive self-care through physical activity, adventures in nature, and care for our environment.

Interested in learning more?

Follow our Facebook page to learn and engage with our community while staying informed about related events in and around Whitewater!

facebook.com/groups/wwHeroesofNature

Begin your adventure as a Hero of Nature today!

#WWHeroesofNature

W3 – Working for Whitewater's Wellness

W3 is a community based organization that envisions Whitewater to be a community where people live longer, happier, healthier lives. W3 facilitates programs and partnerships to affect sustainable improvements for everyone in our community.

Interested in learning more?

W3wellness.com

 **WhitewaterWellness3**

 **@whitewaterwellness**