



Working for
Whitewater's
Wellness

Heroes of Nature

Activity Board Winter Edition

BE ACTIVE

EAT WELL

HEALTHY MINDS

CONNECT

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
TUESDAYS 4-6 pm
301 W WHITEWATER ST**

**GO SKIING,
SNOWSHOEING
OR HIKING**

**COOK A MEAL
FOR YOUR
FAMILY**

**WATCH A
SUNSET**

**GO BOWLING
HAWK BOWL
1398 W MAIN ST**

By The 'Zerts Bar



Heroes of Nature

Let's learn more!

W3 – Working for Whitewater 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?

Visit us at:



<https://www.w3wellness.com>



<https://www.facebook.com/WhitewaterWellness3/>



[@whitewaterwellness](https://www.instagram.com/whitewaterwellness)

Heroes of Nature

Heroes of Nature was developed in Fall of 2020 with the intention of creating an event that promoted positive self-care through physical activity, adventures in nature, and care of our environment. After our first scavenger hunt event, we decided to continue the event throughout each season of the year.

Interested in learning more?

Follow our Facebook page

<https://www.facebook.com/groups/wwheroesofnature>

to learn and engage with our community while staying informed about our future events!

Begin your adventure as a Hero of Nature today!

#WWHeroesofNature