



Take Care of YOU

A Health and Wellness Bulletin | April 2023



Earth Day is April 22

Five ways you can observe Earth Day

- 1 Plant a tree ([this Alaska-specific guide will walk you through every step](#))
- 2 Attend a local cleanup ([find or start one here](#))
- 3 Support sustainable retail ([such as these Alaskan stores](#))
- 4 Treat yourself to a reusable water bottle ([these five are rated most eco-friendly](#))
- 5 Make the switch to glass, stainless steel, silicone or ceramic food containers ([these are all plastic-free](#))

On April 22, 1970, 20 million Americans marched the streets in advocacy of a healthy, sustainable environment. This first historic 'Earth Day' resulted in the creation of the US Environmental Protection Agency and at least 12 laws that protect our environment.

Today, we still benefit from raising awareness of the need to protect Earth's natural resources. According to the World Health Organization, changes in the Earth's climate are of increasing concern for the health of our planet, our environments, and ourselves.

When each of us takes action in large and small ways—such as carpooling to work, reducing plastic consumption, participating in local elections and petitions, opting out of junk mail, turning off the lights when you leave a room, and using biodegradable products—we do our part to preserve a healthier ecosystem for future generations.

Want to see how much you know about planet Earth? Test your knowledge with [these quizzes](#) from earthday.org.

2023 Earth Day Theme: #InvestInOurPlanet