

GET OUTSIDE OCTOBER



OCTOBER EMPLOYEE WELLNESS PROGRAM

Adventure awaits you everyday!



WORKSHOPS: 10 PTS EACH

Workshops catered to help your health and sustainability efforts.

ACTIVITIES: 10 PTS EACH

Adventure outdoors with a walk at Wheeler Farm, a birding walk at Silver Lake, or lead your own adventure!



CHALLENGES: 5 PTS EACH (FOUND ON WELLSTEPS)

- Litter Pickup
- Sleep Villain Quiz
- Fresh Air Fitness
- Nurtured by Nature



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Sign in to WellSteps to uncover your weekly "Get Outside" challenge. Each challenge will be waiting for you to complete and mark off once you've conquered it! Complete a challenge = 5 points.



WORKSHOPS: 10PTS EACH

- On your own time, tune into 'Using Nature to Cultivate Hope' while on a walk/hike.
- October 5th at 12:30-1:00, participate in the live workshop 'SLCo Sustainability 101' or view the recording at a later date.
- October 15th at 11:00-11:30 am, participate in the live workshop 'Raising Nicotine-Free Kids and Protecting Your Home from Secondhand Smoke' or view the recording at a later date.
- Move, Listen & Learn! Tune into a sleep workshop/podcast while getting outside and moving your body - two wellness wins in one!
 - Sleep Your Way to a Healthier Heart
 - Healthy Sleep and Sleep Disorders
 - Step Into Monday: Sleep Edition
 - How to Get a Good Nights Sleep



ACTIVITIES: 10PTS EACH



- Lead your own adventure and search for a hike or walk near you on AllTrails.
- Walk with us! October 2nd, 5:30-6:30 pm at Wheeler Farm. We have nature journals and snacks! Registration is required.
- Come birding with us! October 17th, 11:00 am-12:00 pm at Silver Lake in Big Cottonwood Canyon. Registration is Required. Parking will be paid for.
- Adventures don't have to mean a big hike or a full-day excursion. Find your own way to enjoy the outdoors.
 - Visit a corn maze or a pumpkin patch
 - Take a fall scavenger hunt
 - Have a picnic or meal outside
 - Enjoy a crisp air walk