



# Green

# tips



"The only way forward, if we are going to improve the quality of the environment, is to get everybody involved."  
~Richard Rogers

Mark your calendars!

World Environment Day 2015 will be held on **June 5!**

**Be part of World Environment Day!**  
Form a group today and log on to <http://www.unep.org/wed/> to register your activity with the United Nations!



World Environment Day 2015  
**Seven Billion Dreams. One Planet. Consume with Care.**  
June 5



Now that summer is finally here, it's time to get outside and enjoy our environment. **Eau Claire** offers many opportunities to interact with our

beautiful surroundings.

**Let's take advantage of the warmer weather!**

Below are a few ideas to help you spend more time outside.

### World Environment Day 2015

World Environment Day (WED) is **June 5**. WED is the United Nations' primary vehicle for encouraging worldwide awareness and action for the environment. This year's theme is **"Seven Billion Dreams. One Planet. Consume with Care."** Since 1972, people from all across the world have come together on this day to become agents of change that work together to positively impact the environment. Groups can get involved with all kinds of activities, from collecting garbage to participating in a Fun Run. **Participate in WED!** Log on to <http://www.unep.org/wed/> and register your activity today.



Nature is calling!

### 2015 30 x 30 Nature Challenge

It's June, which means that it's time for the **30 x 30 Nature Challenge**, sponsored by the Wisconsin Green Building Alliance. **For each of the 30 days of June, challenge yourself to get outside for 30 minutes.** Spend time exploring the green spaces where you live, work, and relax. Any green space counts: your backyard, parks, gardens, trails, beaches, and many others!



Nature is one of the most affordable and accessible forms of preventative medicine. Contact with nature relieves stress, increases creativity, and improves attention span. By spending 30 minutes per day in nature, we can **improve our mental, physical, and social health!**

To be eligible for prizes, use the tracking form found on the City's [intranet](#). You can also participate in the statewide challenge by signing up [here](#).

### National Great Outdoors Month

June is National Great Outdoors Month, sponsored by Coleman: The Outdoor Company and celebrated in communities all across America. Events such as **National Trails Day** (June 6), **National Get Outdoors Day** (June 13), and the **Great American Campout** (June 27) are



just a few of the events that are held during this month. To learn more about National Great Outdoors Month, log on to <http://www.greatoutdoorsmonth.org/>.

### **Did you know...**

The City of Eau Claire has 35.45 miles of multiuse recreational trails and 4 miles of mountain biking trails.

Get outside and use them today!

 Please consider the environment before printing

