Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This weekly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Our focus this week is on environmental wellness. Please click the links for resources and information. Also, please submit your concerns and ideas to: The Wellness Committee

WASTE CREATION AND DISPOSAL TIPS

- Carry a cup or bottle and fill with water instead of using bottled water.
- Refill containers such as soap dispensers from a single large container.
- Reuse ziplock bags after a simple wash.
- Sign up for Compost Now service.
- Purchase reusable paper towels.
- Visit Center for hard to recycle materials
- Purchase plastic-free cleaning materials

MED STUDENT HELP!

Students return to school on June 1, but are willing to help during our transition to a new normal during the month of May. Here is a Google form to request items for help including research, life/wellness, or discrete task. Also you can request childcare or pet sitting here.

SUSTAINABLE & HEALTHY EATING

Healthy Emory is hosting weekly 30 min virtual sessions with a dietician. Register here for sessions on portion control, shopping, meal planning and eating out.

- Join an Atlanta Community Sponsored Agriculture (CSA) farm here.
- Consider a 30 day Vegan Challenge
- Best Atlanta Vegetarian Restaurants
- Buy responsibly sourced organic meats, sustainable seafood

EMORY UPDATES

Bookmark the new GYN/OB Wellness Webpage!!!!

Emory Financial Hardship Fund

MOVE MORE CHALLENGE WINNERS

Notorious IUDs – 2,421,368 steps
GYNOB – 2,310,510 steps
GYNOB Walking Warriors – 2,169,521 steps
Push It Real Good – 2,124,841 steps
Emory Eggles – 2,058,728 steps
Riot Grrls – 1,645,234 steps
GYNasaurus Rexes – 1,252,986 steps
Maternal FEET-al Medicine – 992,763 steps
Ovary-chievers – 566,944 steps

KUDOS!!!

Thanks to Dr. Weiss and Dr. Wrenn for reviewing 1000s of outpatient appointments!

Thanks to Drs. Rizk, Davenport-Nicholson, and Arluck for arranging the amazing resident teaching.

Submit kudos to members of the GYN/OB Department here