



Emory Wellness Wednesday
NEWSLETTER
 Volume #7
 May 6, 2020



ENVIRONMENTAL WELLNESS!

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](#).

EMORY UPDATES



[Bookmark the new GYN/OB Wellness Webpage!!!!](#)

[Emory Financial Hardship Fund](#)

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](#)

MOVE MORE CHALLENGE WINNERS

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



"Emory Healthcare: Family meals are great opportunities for good conversation, quality time and building good nutrition habits."

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](#)



FRONTLINE MOMENTS



Not all Zoom calls need video

