WEEK 4 / ENVIRONMENTAL WELLNESS:

connects individuals with their surroundings and encourages a lifestyle that respects nature and wildlife. Individuals with strong environmental wellness recognize how daily routines affect the environment around them.
FULLERTON ARBORETUM
The Fullerton Arboretum provides free entry to a miniature nature oasis adjacent to the CSUF campus. The arboretum serves as a resource for research, education and regional agricultural heritage.

- Open daily from 8:00 a.m. to 4:30 p.m.
- Nutritionist appointments
- Visit http://fullertonarboretum.org for more information

CSUF RECYCLING CLUB
A student organization consisting of volunteers who strive to give back to their communities.

For more information visit them on Titanlink at https://fullerton.collegiatelink.net/organization/CSUF_Recycling_Club

PARKS AND TRAILS AROUND CAMPUS
There are a number of local parks and trails surrounding Fullerton. Remember to be safe anytime performing physical activity. Inform people where you intend to or hike with someone.

Some local trails and parks include:
- Craig Park
- Fullerton Green Belt
- Chino Hills State Park
- Powder Canyon
- Carbon Canyon
- Fullerton Dam
- Box Canyon
- Santiago Oaks Park
- Santa Ana River Trail
EVENTS

ENVIRONMENTAL & ARBORETUM VISIT GROUP
A VRC group will attend guided tours at both the Fullerton Arboretum and the Huntington Botanical garden.

- Fullerton Arboretum: Meet @ 9:45 a.m. on October 8
- Huntington Botanical Garden: Meet @ 11:45 a.m. on Nov. 12

TIPS & TECHNIQUES

1. Recycle, reduce, reuse.
2. Conserve water.
3. Turn off unessential electronics at night.
4. Conserve energy and natural resources.
5. Volunteer with reputable environmental groups.
6. Take time to enjoy nature.
7. Use recyclable grocery bags.
8. Ride a bike or walk when possible.

http://www.wku.edu/awellu/enviro.php
https://shcs.ucdavis.edu/wellness/environmental