

LiveWell Newsletter

Environmental Wellness



Recognize our responsibility for the quality of the environment and considering the interactions between our environment, our social community and ourselves



Interactions With Our Environment

Showing respect and awareness towards our world environments and each other

Taking personal responsibility for your actions and realizing the impact of your decisions.

Route to Environmental Wellness

Conserve energy

Recycle and compost

Volunteer with environmental organizations

Be conscious of your use of natural resources

Spend time outdoors, get some vitamin D



Holiday Season Alternatives

1. The holidays are fast approaching, and with that there is the opportunity to divert a lot of seasonal waste by opting for eco-friendly, and often, more creative alternatives!
2. Paper bag wrapping paper- you can use meat paper, and decorate the paper yourself. You can be as creative as you want with it.
3. Reusable bag gift bag (a gift in itself!)- if you put your gift in a reusable bag it's like two gifts in one that will last them many years to come.
4. Make homemade gifts instead of purchasing.
5. Natural decorations- greenery, pinecones and other natural resources are great for holiday decorations.
6. Gift experiences, not objects- this often makes for much more memorable holiday and shows that you put a lot of effort
7. When ordering on Amazon or if you opt for other online delivery sites, request minimal packaging!

Understanding Environmental Wellness



For more information, [CLICK HERE](#)

(Sign in with your CCU Username and Password)

Did You Know?

- Sustain Coastal is a student run program that consists of at least 10 student employees.
- They take care of recycling and waste diversion efforts on campus, as well as peer education

To find out more, follow our social media [@sustaincoastal](#) or email us at sustain@coastal.edu

Follow us on social media!



@livewellccu
@ccushore
@ccufoodcrew

LiveWell Office
LJSU B202
livewell@coastal.edu
(843)349-4031

