

# LiveWell Newsletter



## April - Environmental Wellness

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

## April is Earth Month

For more information and the full calendar of events, visit:

<https://www.coastal.edu/sustain/campusustainabilityinitiatives/earthmonth/>



1. CCU offers recycling in every building on campus for you to properly dispose of your waste!

— We have recycling, paper waste, and techno trash all labeled in the proper bins.



2. For Earth month try to take some different transportation to lower your carbon footprint for the month.

— CCU offers free bikes to rent through the outdoor recreation center at HTC. There is also a shuttle service that runs all over campus and to some areas outside of campus.



3. For some more environmental wellness consider your diet and what makes the most impact on your environment.

—CCU dining services offer vegan/vegetarian options at every dining area. Also look to Sustain Coastal's social media to find some amazing vegan recipes.



4. Don't throw away your clothes, donate them to Sustain Coastal's Pop-Up Thrift Shop!

—We have donation boxes in Tradition and Ingle Hall for you to drop your donations.

Scan to view the 2022  
CCU Earth Month Website



### Follow us on social media!



@livewellccu

@ccucfr

@ccushore

@ccufoodcrew

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