












It's time to get colorful!

Summer is here which means fresh fruits and vegetables are available in abundance! This month, focus on eating as many colors as you can with these tips:

- [Visit the Omaha Farmer's Market](#)
- [Fruit and Veggie Boredom Busters](#)
- [At Home Gardening](#)
- [Stay Hydrated with Fruits and Veggies](#)

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 It is EMPLOYEE WELLNESS MONTH . Find out the benefits in the Employee Wellness programs .	2 Attend the Improving Your Personal and Work Life with Better Sleep Webinar TODAY from 12-1 pm. Sign up here .	3 National Running Day— Get in a run or a walk to celebrate! 	4 Check out the Omaha area gardening website: City Sprouts for tips and virtual workshops 	5 Leave your home office for 30 minutes: take a walk; breathe in fresh air; take in the scenery.	6 Omaha Farmer's Markets open today! Stop for fresh produce. Don't forget to wear a mask!
7 Drinking water is essential as you work or play outside. 	8 Eating in Color starts today! Sign up here	9 Checkout these tips for Sun Safety 	10 Check on your neighbors: create summer salads to share each week.	11 Participate in guided mindful exercises . 	12 See the animals at Omaha's Henry Doorly Zoo virtually on ZooCam 	13 Sow your own veggies . Zone 6 & 7 planting guide. 
14 National Flag Day – display your flag from sunrise to sunset with pride! 	15 Check on co-workers during the week with a funny email or cartoon. 	16 Don't forget to wear sunglasses and sunscreen if you are outside more than 15 minutes.	17 How many colors of fruits and vegetables have you had this week? Add 1-2 more different ones before Saturday	18 Quote to ponder: "There is no one giant step that does it. It's a lot of little steps." 	19 Allow 30 mins at the end of the workday to clean up your desktop/inbox. Clear space, clear mind!	20 First Day of Summer —Make a summer bucket list for yourself or your family--what do you want to do this summer? 
21 FATHER'S DAY Call or spend time with your father if you are able. Take some "me time," if you are a father. 	22 Read how to prevent Skin Cancer from Sun Damage .	23 Every hour, take a 5 min break to stretch, look outside, take a walk, let your mind wander. 😊😊😊	24 Food for thought: How to build social connections on a remote team 	25 Spread kindness on social media. Examples found here . 	26 Enjoy virtual tour of Frank Lloyd Wright Buildings 	27 Start today with a positive thought. Let it guide you throughout the day.
28 Food for thought: The importance and power of walking	29 Send a handwritten note to a friend. Mail is fun and uplifting! 	30 Take a virtual visit of National State Parks .	<p><i>Stay in the know! Join the cu_wellness@creighton.edu list serve and/or like our Creighton Employee Wellness Facebook page</i></p> 		 <p><i>We believe in the Jesuit value of cura personalis: care of the whole person.</i></p>	