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HEALTH OBSERVANCE

Donate Life ECHO

Kellie O'Keefe – Wellworks For You

Every Community Has Opportunity (ECHO) is a nonprofit initiative by Donate Life dedicated to increasing organ, eye, and tissue donation. The Donate Life ECHO program aims to empower communities by spreading awareness about the importance of organ donation and encouraging individuals to register as donors.

Supporting Donate Life ECHO is a powerful way to contribute to the life-saving mission of organ, eye, and tissue donation. Together, we can help save lives, bring hope to individuals awaiting transplants, and create a society where every community has the opportunity for a second chance at life.

Here is how you can help support the cause:

Register as an Organ Donor. The simplest and most impactful way to support Donate Life ECHO is by registering as an organ donor. Visit the official [Donate Life website](#) or your local organ donor registry to sign up and make your wishes known. Becoming a registered organ donor can save multiple lives and provide hope to those in need.

Spread the Word. Help raise awareness by sharing information about Donate Life ECHO with your friends, family, and community. Utilize social media platforms, local newsletters, or community bulletin boards to spread the message. Encourage others to register as organ donors and share the importance of this life-saving act.

Volunteer. Consider volunteering your time and skills to support Donate Life ECHO's activities, such as assisting with awareness events, fundraisers, or educational workshops. By volunteering, you contribute directly to the cause and help positively impact your community.

Participate in Events. Attend awareness walks, fundraisers, or educational seminars to show your support and engage with the community. Participating in these events raises awareness and creates a sense of unity and support for organ donation advocacy.

Advocate for Organ Donation. Be an advocate for organ donation by actively engaging in conversations about the topic. Encourage others to consider becoming organ donors and educate them about the life-saving impact it can have.

Source: [Donate Life America](#)



WellBalance Health Corner

The Do's and Don'ts of Balance on Vacation

Take time to unwind on your next vacation and still feel your best with our tips and tricks.

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Sustainable and Eco-Friendly Summer Party Tips

Learn about how your next summer party can be just as environmentally friendly as it is fun.

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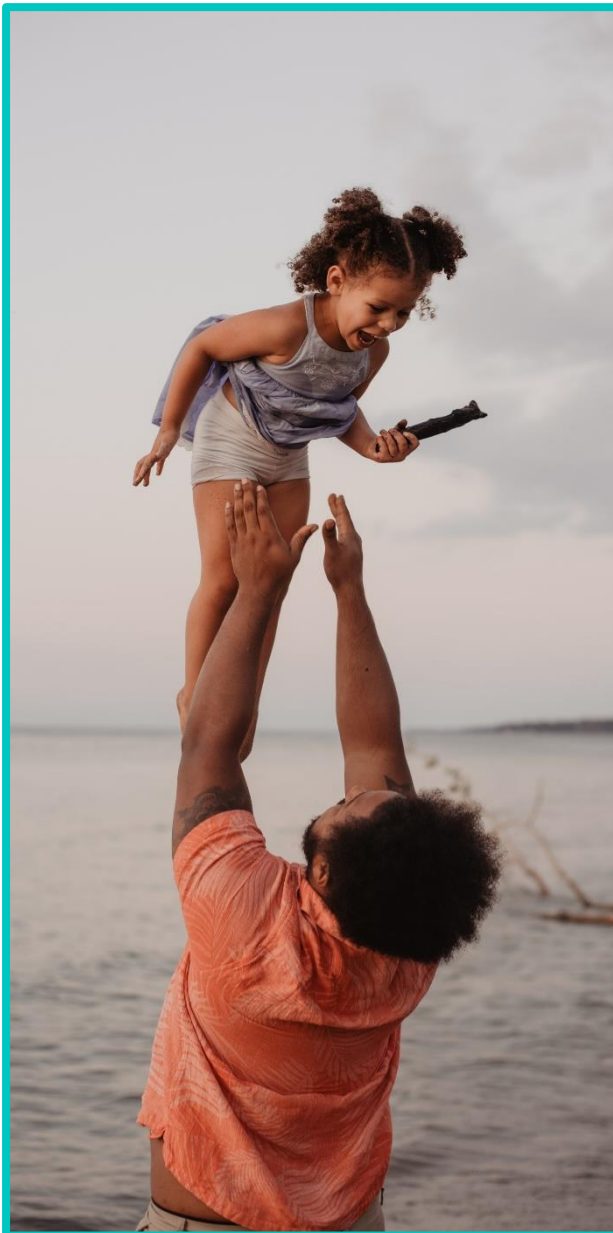
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HEALTH TIP CORNER

Nutritional Wellbeing

The Do's and Don'ts of Balance on Vacation

Kellie O'Keefe – Wellworks For You



Vacations are an important time for relaxation and rejuvenation. Letting go of our usual structure and routines are essential to giving our bodies and minds a break from the typical “go, go, go” of everyday life and maintaining a balanced lifestyle during your vacation can help you enjoy your time off while prioritizing your mental and physical wellbeing.

Here are Our Do's and Don'ts of Maintaining Balance on Vacation:

Do:

Keep the parts of your routine that make you feel good and maintain a good headspace. This could be reading in the morning, daily meditation, journaling, or a grounding walk.

Eat three meals a day. While you are out of your routine, ensure you are still nourishing and fueling your body with what it needs.

Incorporate a little movement each day. Movement doesn't have to mean an intense cardio session or finding a day pass at the destination gym. Instead, try opting for a beach walk, swimming in the ocean, or stretching after the amusement park. Take advantage of your new scenery!

Don't:

Restrict yourself from your favorite vacation treats. Not restricting yourself from favorite treats is vital to maintaining a healthy and happy mindset.

Go in with an “all or nothing” mentality. True wellness is all about balance, with the key word here being “and,” not “but.” Refocus your mindset on ideas like: “A morning walk AND ice cream after dinner” or “journaling AND sleeping in.” Leaving yourself room for balance will allow you to maintain a positive headspace.

Miss out on memories by trying to stick to a rigid routine. Connection is just as crucial to your long-term health as working out. It's excellent to maintain everyday movement and a healthy diet - but remember, vacation is about taking a break from your daily routines to rest your body and mind while connecting with family, friends, and nature. You may even find some clarity in the stillness.

All this to say, use your vacation to do what makes YOU feel relaxed and rejuvenated. Take the time to do what makes you feel best and permit yourself to truly unwind.

Sustainable and Eco-Friendly

Summer Party Tips

Megan Cole— Wellworks for You

Are you planning to host a graduation party, birthday party, or just a night together with your friends this summer? If so, check out some tips below for reducing waste while still throwing a party that you and your guests will enjoy!

Use what's in your kitchen. For example, instead of buying single-use plates and cutlery, use what you already have at home. Since you already have silverware, plates, and bowls on hand, you're helping reduce waste and save money.

Provide a batch of lemonade, tea, or water. Make a drink station with lemonade or iced tea in a reusable drink canister. This can help you reduce or avoid using single-use cans, plus you've got the canister for your next hosting gig!

Tag drinks and plates with reusable wear. Instead of providing plastic cups and a Sharpie for guests to know which cup is theirs, choose a reusable item to help your guests keep track of their cup or plate. A cloth napkin or bandana can do the trick and add to the party decorations.

Use the decorations you have on hand. For example, reuse your indoor kitchen tablecloths or table runners as decoration instead of purchasing balloons or other decorations that may land in the trash after the party. In addition, you can gather your potted plants around the house and yard for table decorations.

Provide reusable bags or gifts. If you provide goodie bags or party favors, try reusable or no bag! Giving your guests reusable bags is better for the environment and can encourage others to choose sustainable practices.

Recycle. Finally, if you offer some single-use items, ensure you and your guests recycle all possible decorations and supplies.



FEATURED RECIPE

Feta, Kale, and Pear Salad

4 Servings

Gluten-Free Option, Egg Free, High Fiber



INGREDIENTS

- ¼ cup pepitas
- ¼ cup sesame seeds
- ¼ cup sunflower seeds
- 1 ½ teaspoons extra-virgin olive oil
- ½ teaspoon kosher salt, divided
- ¼ cup whole-milk plain Greek yogurt
- 2 tablespoons tahini
- 1 tablespoon water
- 1 ½ teaspoons cider vinegar
- 1 teaspoon lemon juice
- 10 cups torn stemmed kale leaves (from 2 bunches)
- 1 ripe pear, thinly sliced
- ¼ medium red onion, thinly sliced
- 1 cup fresh mint, divided
- ½ cup crumbled feta cheese

DIRECTIONS

1. Preheat oven to 325 degrees F.
2. Spread pepitas, sesame seeds, and sunflower seeds on a rimmed baking sheet. Bake, stirring once, until lightly toasted, about 10 minutes. Immediately scrape the seeds into a medium bowl and toss with oil and 1/8 teaspoon salt. Let cool to room temperature for 10 to 15 minutes.
3. In a large bowl, whisk yogurt, tahini, water, vinegar, lemon juice, and the remaining 1/8 teaspoon salt. Add kale and massage with the dressing to soften the leaves. Add pear, onion, and 1/2 cup mint and toss to combine.
4. Serve the salad topped with feta, the remaining 1/2 cup mint, and the seeds.

NUTRITION

Per Serving:

Calories: 308	Protein: 12g
Carbohydrates: 23g	Dietary Fiber: 8g
Fat: 21g	Saturated Fat: 5g
Calcium: 334mg	Magnesium: 105mg
Potassium: 583mg	Sodium: 447mg

Source: [Feta, Kale & Pear Salad \(eatingwell.com\)](https://www.eatingwell.com)