



# Connect and Recharge

Engage with the world around you: nature, your community, and yourself



Connect and Recharge is a monthly initiative from Human Resources and sustainNU. This calendar provides options for connecting with nature and your community. These actions can be done with your work team, your family, or by yourself. Pick a couple or make it a daily commitment. Doing so can positively affect your well-being, expand your awareness, recenter your appreciation for the natural world, and inspire you with new ways to take action.

