

Down The Garden Path

are for the future. Maybe you can work together to reach any common goals you have.

- ☑ Reach out to new community members and other special groups within your community. As new homes get built, let your new neighbours know that WI is active in their community. Why not host a ROSE Session on making baby food for new mothers? They might not have the time to join your Branch right now, but down the road they may decide to GET INVOLVED!

GET INVOLVED in Health

It's time to take your health into your own hands. What can you do to focus on your health, and the health of your family and friends?

- ☑ Eat something green and something orange every day. Follow Canada's Food Guide for a balanced, healthy approach to meals.
- ☑ Keeping active is vital for our overall health. Eating healthy, regular exercise, and keeping our minds active can help keep us in our homes longer, delay disease or illness and make us happier. What are you doing?



GET INVOLVED in the environment

We only have one earth...and we need to protect it for our children and grandchildren.

- ☑ Check out this great project started by CBC and The Hour host George Stroumboulopoulos – One Million Acts of Green - <http://green.cbc.ca/>. Although the 1 million mark has been surpassed, there are some fantastic ideas on small changes that anyone can do that will have an impact.
- ☑ Try these:
 - air dry clothes
 - install a ceiling fan
 - drink tap water instead of bottled water
 - clean or replace your furnace filter every season
 - turn off the computer when you're not using it

GET INVOLVED in WI

Yes...you are involved in WI because you are a Member. BUT, have you lost your passion or enthusiasm? Do you miss meetings, zone out when your Branch Secretary is talking?

- ☑ Be a champion for your Branch – speak positively and enthusiastically about what WI has offered you.
- ☑ GET INVOLVED at your meetings. Take an active part in discussions – provide insight or expertise to help solve challenges. Offer opinions in a friendly manner when making decisions.

Where can I get more information on GET INVOLVED?

Visit the Member Services section of the FWIO website or contact ROSE Program Manager Patty Pizziola at roseprogram@fwio.on.ca or 519-836-3078.