



GBS Health & Wellness

Step into Summer

As we step into summer, the GBS Health & Wellness Team would like to share a few helpful resources. Many summer plans have been postponed or canceled. While this can be disappointing, we encourage you to redirect some of your energy to creating new yet meaningful experiences for yourself and your loved ones. We compiled a few resources to help you enjoy the summer months as we continue following local recommendations for health and safety during these times.

- ▶ Enjoy the longest day of the year outdoors! Check out the [Summer Solstice Flyer](#) to find fun ways to spend the Summer Solstice outdoors while practicing your state's safe physical distancing guidelines.
- ▶ Check out our [Summer Bucket List Challenge](#) for COVID-19 friendly summer activities. The list provides 26 innovative activities to help create memories while benefiting your physical and mental health.
- ▶ Find healthy and flavorful ways to elevate dishes for summer barbeques with [Balanced BBQ'ing](#). Bring this [Tri-Bean Veg Salad](#) to your next gathering - it's colorful, requires minimal prep, and keeps well if you need to make it in advance.
- ▶ Staying adequately hydrated tends to be a greater struggle in the summer months. Keep on track during these hot summer days by participating in the [H2Oonly Wildcard Challenge](#).