

TDC TOGETHER

YOUR GUIDE TO WORKPLACE WELLNESS
& SUSTAINABILITY AT TDC

SUMMER 2023
QUARTERLY NEWSLETTER



HARNESSING NATURE TO BOOST MENTAL HEALTH WEBINAR

Wednesday, May 10th | 12:00 p.m. - 1:00 p.m.

Join us as health consultant, Meg Sharp, explores how time in nature can reduce stress, anger, and depression. Learn practical ways to take advantage of your time in nature, including how nature can allow you to live your healthiest and happiest life.

RSVP at tdcevents@cadillacfairview.com



HOW TO START YOUR GARDEN & MAKE IT THRIVE WEBINAR

Tuesday, May 30th | 12:00 p.m. - 1:00 p.m.

Orlando Gómez, FoodShare's Community Food Growing Manager, reveals his best tips for starting a garden in any space. Whether you're planning your first balcony garden, or you're a seasoned pro, this webinar will leave you with tips to improve your 2023 harvest.

RSVP at tdcevents@cadillacfairview.com



REDUCE YOUR WASTE & WIN!

EARTH DAY
APRIL 22

Join us in celebrating Earth Day by taking the **Waste Reduction Challenge** for the chance to win a **YETI Roadie Hard Cooler**. Simply commit to one waste reduction act of your choice and submit the act to tdcevents@cadillacfairview.com. [Click here to view the challenge](#), and keep an eye out for Waste Trivia on the elevator screens!

For some other ways to celebrate Earth Day this Spring and Summer, [click here](#) to learn how you can **support biodiversity in your community**.

CALCULATE YOUR CARBON FOOTPRINT



Did you know that the average city dweller emits 28 kg of carbon dioxide daily? Understanding our carbon footprint can help us make better decisions for ourselves and the planet. To find out your carbon footprint, check out the [CleverCarbon calculator](#).