

**U. N. INTERNATIONAL DAY OF PEACE
SEPTEMBER 21**



WHAT CAN YOU DO? HEALTH



Learn a mindfulness practice <http://bit.ly/2rQpxkq>, <http://bit.ly/2v9XazJ>.



Engage in meditation and/or yoga.



Learn more about global health issues that significantly impact health and quality of life. Around the world, NGOs, sometimes in partnership with UN initiatives, have successfully leveraged September 21 as a 24 hour ceasefire, even in some areas of intense conflict – providing a window of opportunity to deliver life saving and enhancing humanitarian aid.



Volunteer for a local wellness initiative, perhaps for children or older adults



Consider unplugging from electronics for the day (or at least after work hours) and sit with nature, a book or a friend instead



Learn about mental health supports available – for you or someone you know



Consider making a commitment to cut back on meat/become a vegetarian <http://bit.ly/1Nn9ZXw>



Make your voice heard around public health issues such as gun violence, poor nutrition/ lack of access to healthy food in low-income neighborhoods, and the need for peace education to positively impact children and youth



Read about the connection between health and peace: <http://bit.ly/2eXtVKj>



Read about Health Care as a Key to World Peace: <http://bit.ly/1MdbINf>



Get involved with an advocacy project related to violence against women and girls, like One Billion Rising.