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## Wellness Resources:

If you do a google search in videos, you will find a variety of Meditations, Yoga, Tai Chi, Qi Gong etc. Here are some resources to get your started.

- Lee Holden Qi Gong - <http://www.holdenqigong.com>  
(Check out Youtube & Facebook for Free Challenges)
- Gary Paruszkiewicz Tai Chi (Kankakee) - <http://therapeutictaichi.weebly.com>
- Nia – <https://nianow.com>
- Get Healthy U TV - <http://www.gethealthyutv.com>
- Dr. Dave - <http://www.namastedrdave.com>  
(Click 3 lines top left & you will find “Guided Mediations” besides the one on his main page)
- Dr. Wallace J. Nichols Blue Mind - <http://www.wallacejnicols.org>
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- Dr. Qing Li Skinrin Yoku/Forest Bathing - <http://tfb.institute/scientific-research/>
- Food Revolution Network - <http://www.foodrevolutionnetwork.com>
- Video: The Game Changers - <https://www.netflix.com/title/81157840>
- Video: Eating Ourselves to Extinction -  
<https://youtu.be/LaPge01NQTQ?si=EQEzYcz0V5zRmbrP>
- My Blue Mind Meditation - <http://www.turnyourbluemindon.org>

- My Affirmation Meditation - <http://www.makingtime4wellness.com>
- My Earth Day Meditation - <https://www.gettingsustainable.org/>
- Boxed Breathing Video Guide - [https://youtu.be/tEmt1Znux58?si=Djap\\_owTiReWaxdZ](https://youtu.be/tEmt1Znux58?si=Djap_owTiReWaxdZ)
- ecoAmerica Climate for Health - Mental Health & Our Changing Climate: Webinar: <https://youtu.be/RyUgclNQsD4?si=uR99HStTcPFJbzau>  
Report: <https://ecoamerica.org/wp-content/uploads/2021/11/mental-health-climate-change-2021-ea-apa.pdf>  
Children & Youth Report: <https://ecoamerica.org/mental-health-and-our-changing-climate-children-and-youth-report/>
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