



2 MOVEMENTS, ONE GOAL

Fostering positive, mindful choices & lasting societal behaviour change for the health & wellbeing of the planet & the people



**THINK GLOBAL
ACT LOCAL**

**A joining of initiatives
as a catalyst for vital transformation!**

About World Wellness Weekend

“September is the new January!”

- A global pro-bono initiative, held every 3rd weekend of September.
- Millions of people in 150+ countries are encouraged to resume a regular physical routine after the summer, instead of waiting to make New Year resolutions.
- Supported by 60 professional associations and federations, 7 Ministers, and 30 Mayors.
- 7,600 wellness venues offer fun and free activities, such as fitness classes, yoga, outdoor activities, relaxation, and massage workshops, for people to discover and try out with friends, colleagues, or family.



About World Cleanup Day

- An annual consciousness-raising event, focusing on the need for permanent solutions to the global mismanaged waste crisis, and addressing pollution in cities and in nature.
- A United Nations Calendar-recognised International Day.
- On 20 September, 15+ million people, from almost every nation on Earth, gather to clean up discarded waste and to lobby for permanent, lasting societal change in our attitudes to waste management.

2018–2023



91M
participants



211
countries
& territories



incl. **95%**
UN member
states



1.13%
global
population



543,704
tons of waste
collected

The end vision is for us all to live in a waste-free world.
This is achievable through cooperation!

A WORLD OF A DIFFERENCE

Together, we boost enthusiasm
and raise consciousness to
INSPIRE, ENGAGE, MOBILISE & EMPOWER
organizations, institutions, schools, and individuals.

WWW & WCD are united through their mutual drive of
purpose and solidarity.

WWW's and WCD's global networks are invited to
combine efforts and resources, utilizing the mutual aims
of health and wellbeing, to create a culture that
recharges and regenerates both Planet & People.

Both movements support the
following UN SDGs:

In addition, WCD follow:



CALL TO ACTION

Wellness starts with “WE”!

We actively encourage all WWW Ambassadors, Coordinators & Leaders to maximize this unique opportunity to combine our strengths and network with World Cleanup Day.

By addressing the leisure, health, and tourism sectors, we can encourage millions of people to get involved around the corner, with ripples around the globe.

Let's combine cleanups with wellness through joint activities 20-21-22 Sept 2024!



Ideas for Cleanup, Waste-free and Wellness Activities

Pillar 1: Sleep & Creativity

Clean Up Your Sleep Routine:

- Create the ideal sleep environment
- Sustainable bedding for the best night's sleep
- Before-bed meditation to clear the mind
- Switch off devices to avoid light pollution
- Blue light/digital detox
- Feng shui your bedroom

Recycle: Collect and donate clean bedding, mattresses, and sleep gear to shelters and underprivileged families after a community cleanup.

Reduce: Encourage projects that reduce noise pollution in neighborhoods, improving sleep quality for residents.

Reuse: Set up a repair shop/teach people how to mend clothes



Organise an **upcycling** class

Workshop with local artist on turning rubbish into **art**

Art Contest embracing 'zero waste' principles

Run a local action to turn a disused area into a **community green space**

Guerrilla gardening

Organize a team creative workshop to reimagine your company's approach to waste

Ideas for Cleanup, Waste-free and Wellness Activities

Pillar 2: Food & Immunity



Run a workshop on cleaning up your diet

Organize a class on how to avoid/reduce food waste

Talks about: Reimagining food leftovers, cleaning up what's in your cupboard/fridge, how to reduce plastics in the kitchen

Organise a walk against hunger poverty with donations for food banks

Workshop on food preserving

Meal planning & savvy shopping tips

Organize a community composting program



Talks on hygiene & immunity

How to make natural cleaning products

Oral hygiene & immune health, natural remedies

Support educational workshops and food donations with [Nutrition Beyond Borders](#)



Ideas for Combined Cleanup and Wellness Activities

Pillar 3: Movement & Vitality – Clean Up



Before your cleanup, start the day
setting intentions & being mindful

Sync up your wearable* with
the World Wellness Weekend WebApp
to record your Minutes of Movement
and Minutes of Mindfulness,
then turn minutes into points with
Endurance Zone.

* smartwatch, smartphone, Fitbit, Garmin, Starva...



Plogging (Jogging &
cleaning up trash)

After your cleanup,
reward participants
with a wellness session:
* yoga
* zero waste picnic
* guided relaxation / meditation on
International Day of Peace (Sept 21)
or **Equinox** (Sept 22)
* dance lesson or concert



Ideas for Combined Cleanup and Wellness Activities

Pillar 3: Movement & Vitality – Forest Cleanup



Forest bathing



Learn about natural remedies



Nature cooking class



Responsible foraging class



Survival skills/bushcraft



Ideas for Combined Cleanup and Wellness Activities

Pillar 3: Movement & Vitality – Beach/River Cleanup



Paddle boarding/canoeing
& waste collection



Beach yoga or volleyball ,
or a back and neck
massage after the
cleanup



Ideas for Cleanup and Wellness Activities

Pillar 4: Mindfulness & Serenity

When we focus on our inner wellbeing and personal growth, it often leads to a desire for positive changes in our external environment.

Taking care of our mental, emotional, and physical health can inspire us to create a more harmonious and fulfilling outer world.

Sophrology
Caycedo method

Meditation sessions
around the world or
LIVE on your smartphone

Mental strength



MusicTherapy, Healing Sound
Gong bath, Singing bowls,
Handpan, Didgeridoo, Drums...

Mini conference about coping
with stress, enhancing
mental health & resiliency to
thrive & flourish.

Brain Gym
to strengthen memory

Ideas for Cleanup, Waste-free and Wellness Activities

Pillar 5: Purpose & Solidarity



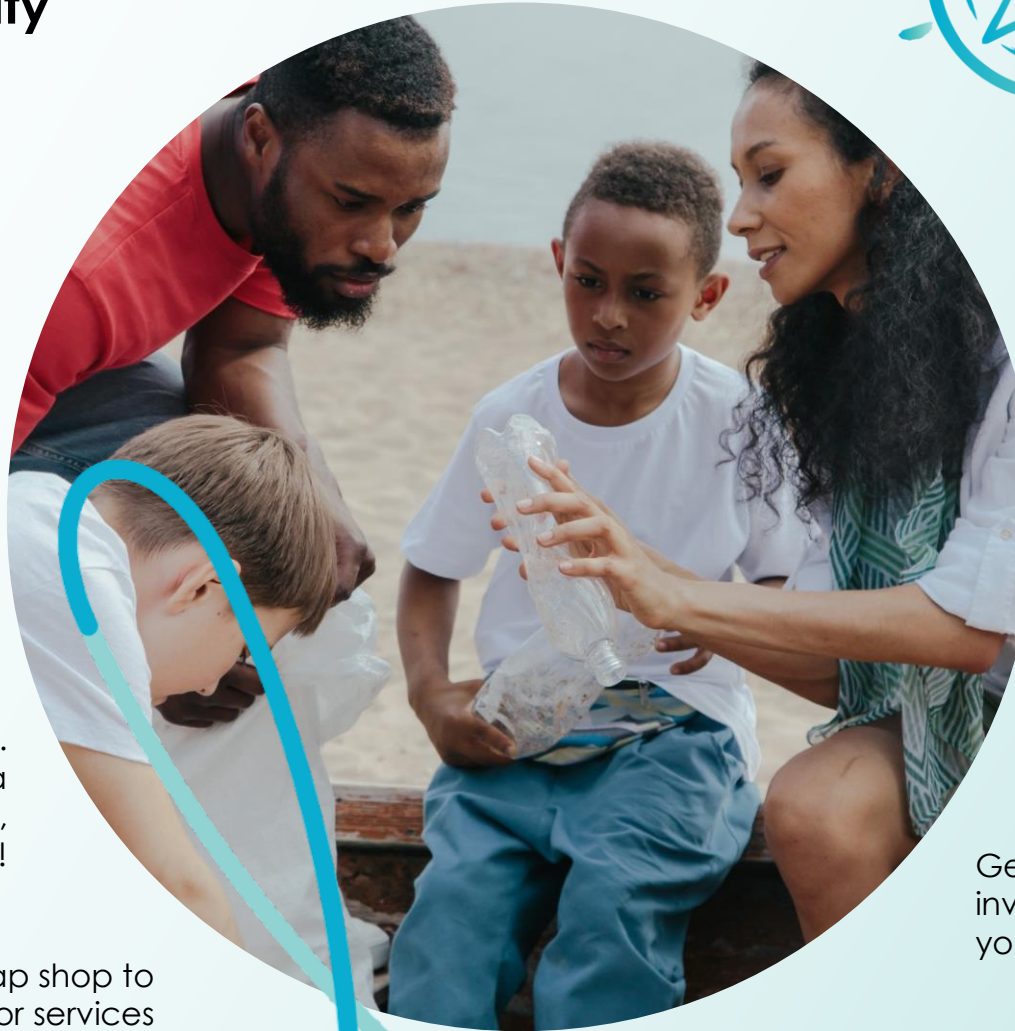
Adopt the 5Rs:
Refuse, Reduce, Reuse,
Recycle, Rot (*compost*)

Replant, Reforest, Regenerate

Donate to a food bank:
non-perishable food
or recycle your yoga mat,
clothes, furniture

If you donate blood, you may give A+.
If you give blood after yoga
or a fitness session, you may give A++,
full of pleasure hormones!

Set up a community swap shop to
help exchange goods or services



Walk for a cause and collect
waste along the way

Organize an activity that
benefits a local association that
supports a cleanup action

Talk about personal growth :
develop your imagination,
intuition, discover your IKIGAÏ
– help people create the
ripple effect for change

Get your team members
involved in projects that support
your local community

It's wellness o'clock!

Let's make hearts beat faster!

Let's show how essential
combined wellness and cleanups are
for a stronger, healthier and happier
community!

Become a #WELLfluencer

Be a #CLEANfluencer

Be the change you want to see in the
world!

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www.world-wellness-weekend.org



Special thanks to our Sponsors



Save the date
20, 21, 22 SEPTEMBER 2024



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WithU



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AND BARBUDA
The beach is just the beginning...



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