

# STRIVING FOR ZERO EXCELLENCE AWARDS

Striving for Zero

## TARGETED APPROACHES

### Focusing on Wellness

#### Butte County

Focusing on wellness was a specific strategy aimed to reach older adults. The strategy was done in collaboration with the Public Health Pedestrian Safety program and Osher Lifelong Learning Institute (OLLI). It involved discussion and activities. The wellness and self-care discussions provided a space for individuals to share their experiences and learn from one another. Soothing breathing exercises helped everyone relax, promoting a sense of calm and tranquility. Nature walks allowed participants to connect with the outdoors and engage in light physical activity. Crafting sessions sparked creativity and provided a sense of accomplishment as people created personalized pieces of art. Mindfulness activities encouraged everyone to be present and fully aware of their thoughts and emotions, fostering a sense of inner peace and mindfulness.

Making this a collaborative effort enhanced the initiative by promoting physical activity and defensive walking strategies. The OLLI became a hub of wellness and vitality, where individuals came together to prioritize their well-being. The success of this initiative highlighted the importance of holistic wellness in enhancing the quality of life for older adults and fostering a sense of community spirit and belonging.

