



**Vitality
by Design
Q&A**

Why Celebrate Earth Day?

Join us to get easy tips
on how to keep
Earth Day every day!

**Thursday, 4/16/26
7:30 – 8:00 pm EST**

<https://tinyurl.com/FernaQA>

CPR for our Planet's Health
C Conserve P Protect R Restore

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EARTH DAY: SMALL CHOICES, LASTING IMPACT

9 Takeaways from the Vitality by Design Q&A

- 1. Earth Day is about gratitude—and responsibility.** April 22 is a time to appreciate the planet and the natural resources we depend on, while thinking about how to preserve them for future generations.
- 2. Small choices can become lifelong habits.** The presentation emphasizes that honoring Earth Day does not have to be complicated; one practical change can help jumpstart a longer-term habit of caring for the planet.
- 3. Reduce single-use plastics where practical.** Consider reusable water bottles, glass or stainless-steel food containers, reusable food bags, beeswax wraps, and reusable straws as alternatives to disposable plastics.
- 4. Be mindful of heat and plastic food containers.** The presentation recommends avoiding heating food in plastic containers or storing hot food in them because heat can increase chemical leaching.
- 5. Pay attention to what is in your indoor environment.** The talk highlights vinyl products, furnishings and building materials as potential sources of indoor pollutants and encourages choosing alternatives when possible.
- 6. Improve indoor air quality with simple actions.** Open doors and windows when possible, use good ventilation, operate kitchen and bathroom exhaust fans, clean regularly, and address dust and mold.
- 7. Choose durable, reusable and secondhand items.** The discussion encourages buying quality items that last longer and considering secondhand furniture and other goods when appropriate—helping reduce waste and repeated replacement.
- 8. Think about the trash we create.** A recurring theme is simple: take less, make less trash. Everyday purchasing and reuse decisions can add up over time.
- 9. Use CPR for the planet: Conserve, Protect, Restore.** Instead of asking whether you can do anything, ask: “What’s one step I can take today?” Consistent choices for our health, homes and environment are the heart of the message.

The takeaway: Care for your health, your home and our environment—one consistent choice at a time.



Ferna Majewicz, Shaklee Wellness Advisor

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