Exploration and Being Well

Whether you are new to the area, or a returning student, having a sense of exploration can help turn Southwest Florida into home. Perhaps you are not sure how to create a life for yourself here, or are stuck in a rut with your usual spots. We can help! **Getting to know your surroundings can be important to your success and happiness, and impact aspects of wellness such as social, intellectual, and emotional wellness.** Plus, it gives you options for study breaks! Gulf Coast Town Center and Coconut Point offer lots of shops and restaurants, but there is life outside these to explore. **To get you started, Prevention & Wellness offers a "Things to do: SWFL" section on our website.** We identified off-the-beaten-path options, and a few familiar choices. This is not an exhaustive list, but offers a few ideas to get you started. We hope the below suggestions inspire you to keep an adventurous spirit this year and get to know the world outside your front door.

**Suggested Adventures**

**Entertainment:** The Stage, Cape Coral Historical Society & Museum, Germain Arena, Broadway Palm Dinner Theater, Edison & Ford Estates.

**Shopping:** Pottery as Art, Miromar Outlets, Fleamaster’s Flea Market, Tanger Outlets.

**Dining:** Buffalo Chips, Aji Limon Peruvian Restaurant, Love Boat Homemade Ice Cream, Ford’s Garage, The Clam Bake.

**Outdoor Recreation:** Babcock Wilderness Adventures, Speedy Johnson’s Airboat Rides, Eagle Skate Park, Matanzas Pass Wilderness Preserve, Miracle Baseball, Lakes Regional Park.

**Festivals:** Taste of Bonita, SWFL Blues Festival, Coconut Point Art Festival, Estero River Outfitters, Taste of the Beach, Fort Myers Beach Sand Sculpting Championship.

P&W’s “Things to do: SWFL” includes Estero, Bonita Springs, Naples, Fort Myers, and Cape Coral.

**Tips for Exploring**

Every explorer has a bag of tricks, but here are some of our tips to make your exploring easy:

- Want to try a new restaurant? Go for lunch! Lunch menus tend to be more budget-friendly, and are a great way to try new things.
- Carpool! Save money on gas and enjoy your adventure with new or familiar faces.
- Low on cash? Some festivals and outdoor rec options are free or low-cost.
- Many local festivals happen in the cooler months. Get info early so you don’t miss them.

**WELLNESS TIP**

Don’t want to break the bank? Some restaurants offer Monday or Tuesday night food specials to attract business, as these can be slower nights.

**Question of the Month**

**Where is the local sand sculpting contest held?**

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for $10 of Eagle Dollars!