

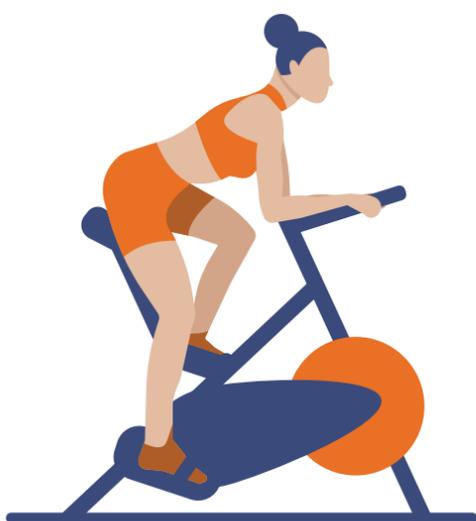


401(k) Retirement Services

# WELLNESS RESOURCES

We've compiled a few resources below to help keep you healthy and safe during the COVID-19 pandemic.

## Physical and Mental Wellness:



Many companies have started offering free online exercise classes and access to their apps. Here are a few you can check out:

- Peloton: [www.onepeloton.com/app](http://www.onepeloton.com/app)
- Headspace: [www.headspace.com/health-covid-19](http://www.headspace.com/health-covid-19)
- Down Dog Yoga: [www.downdogapp.com](http://www.downdogapp.com)

## Kids and Education:

Many zoos, museums, and educational groups have begun offering virtual courses and tours to help educate kids and keep them engaged. Check out a few here (the museum tours are great for adults too!):

- Virtual Museum Tours: [www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours](http://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)
- Cincinnati Zoo: [www.facebook.com/cincinnati-zoo/](http://www.facebook.com/cincinnati-zoo/)
- Lunch Doodles: [www.kennedy-center.org/education/mo-willems/](http://www.kennedy-center.org/education/mo-willems/)
- Operation Storytime: [coolprogeny.com/2020/03/operation-storytime/](http://coolprogeny.com/2020/03/operation-storytime/)



## Social Opportunities:



From virtual lunch tables to broadcasting happy hour, these platforms can help you with your virtual “get-togethers.”

- Homes: [www.bhg.com/news/virtual-happy-hour/](http://www.bhg.com/news/virtual-happy-hour/)
- Museum Hack: [www.museumhack.com/virtual-team-building-for-remote-teams/](http://www.museumhack.com/virtual-team-building-for-remote-teams/)

**Our approach to helping companies and employees live their best lives is our main focus. If you have questions or concerns please feel free to reach out & stay safe!**

**AFS 401(k) Retirement Services**

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