



HEALTH & WELLNESS RESOURCES

During these challenging times it is important to maintain balance mentally, emotionally and physically. Below are some links and videos to support overall wellness.

- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- National Institutes of Health (NIH): <https://www.nih.gov/>
- Maryland Department of Health: <https://health.maryland.gov/pages/home.aspx>
- Mental Health Association of Maryland: <https://www.mhamd.org/coronavirus/>
- Congruent Counseling Services: 410-740-8066; www.congruentcounseling.com
- Integrative Counseling: 410-740-8067; www.integrative-counseling.com
- Maryland Health Benefit Exchange: <https://www.marylandhealthconnection.gov/>

Exercise and Virtual Travel

- University of Maryland Medical System – Virtual Travel:
<https://www.umms.org/coronavirus/what-to-know/health-wellness/virtual-travel>
- National Institute on Aging – Go4Life Exercise Programs: <https://go4life.nia.nih.gov>
- The Kennedy Center – Arts Edge – Five Minute African Dance
Lesson: <https://www.youtube.com/watch?v=Ewqq-3xJFdI>
- PopSugar Fitness – Family Fun Cardio Workout:
<https://www.youtube.com/watch?v=5if4cjO5nxo>