



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/>

(Uninsured Marylanders can enroll for coverage by June 15, 2020)

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=Ewqg-3xJFdI>
- **PopSugar Fitness – Family Fun Cardio Workout:**
<https://www.youtube.com/watch?v=5if4cjO5nxo>