This week's recommended Health and Wellness Activity:

Mindfulness Guided Meditation - 5 Minutes

The following articles may be of interest to you:

When a Bad Apple Spoils the Bunch
BY MADISYN TAYLOR

THE BEST GROIN STRETCHES TO EASE TIGHT MUSCLES AND INCREASE FLEXIBILITY

- Piriformis Stretch
- Split Squat Groin Stretch
- Frog Groin Stretch
- Straddle Groin Stretch
- Straddle Squat Groin Stretch

The following articles may be of interest to you:
COVID-19 Racial/Ethnic Disparities:

Reduce the risks of reopening for Black and Latino workers

Native Americans Feel Devastated by the Virus Yet Overlooked in the Data

A Data-Driven Approach to Addressing Racial Disparities in Health Care Outcomes

Should Black and Latino people get priority access to a COVID-19 vaccine?

STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.

SAMHSA.GOV
The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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Did you enjoy today’s e-newsletter?
- Yes
- No

How likely are you to share one or more of the resources provided with a colleague?
- Likely
- Not likely

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