This week’s recommended Health and Wellness Activity:

5-Minute Guided Meditation for Peace

The following articles may be of interest to you.

20 ways to have a fun summer even if you’re sticking close to home

- Compete in the backyard Olympics
- Create your own fairy garden
- Start Stargazing
- Create your own water park

Partnering with Parents of Special Needs Families During the COVID-19 Pandemic

Upcoming webinar:

Genomic Response to the Social Environment: Implications for Health Outcomes

COVID-19 Ethnic Disparities:

Financial and health impacts of COVID-19 vary widely by race and ethnicity
Readings in light of recent events:

I CANNOT REST  
By Neo Adamu Gaota, BA

Who’s Caring for Black Nurses? We Challenge Our Colleagues to be Allies  
By: MTP Alumna Drs. Patty Wilson, Shaquilla Marks and Fredita H. Ovilliez.

A new employment opportunity has been posted.  
Visit Emf.org/news/employment-opportunities for more information.

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

What do you think of today’s e-newsletter?  
We’d love to hear your thoughts, questions, and feedback: mfj@ana.org

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