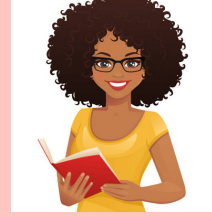


STAY-AT-HOME COPING STRATEGIES



Working out



Reading



Clearing Clutter



Playing Games

s.



Puzzles



Bike Riding



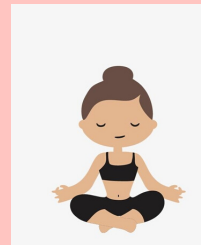
Prayer



Baking



Long walks



Yoga

Thanks to our Community Health Worker Affinity Group
for these great suggestions!

Find more COVID-19 information & resources at trentonhealthteam.org

