



401(k) Retirement
Services

WELLNESS RESOURCES

We've compiled a few resources below to help keep you healthy and safe during the COVID-19 pandemic.

Physical and Mental Wellness:



Many companies have started offering free online exercise classes and access to their apps. Here are a few you can check out:

- Peloton: www.onepeloton.com/app
- Headspace: www.headspace.com/health-covid-19
- Down Dog Yoga: www.downdogapp.com

Kids and Education:

Many zoos, museums, and educational groups have begun offering virtual courses and tours to help educate kids and keep them engaged. Check out a few here (the museum tours are great for adults too!):

- Virtual Museum Tours: www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
- Cincinnati Zoo: www.facebook.com/cincinnati-zoo/
- Lunch Doodles: www.kennedy-center.org/education/mo-willems/
- Operation Storytime: coolprogeny.com/2020/03/operation-storytime/



Social Opportunities:



From virtual lunch tables to broadcasting happy hour, these platforms can help you with your virtual “get-togethers.”

- Homes: www.bhg.com/news/virtual-happy-hour/
- Museum Hack: www.museumhack.com/virtual-team-building-for-remote-teams/

Our approach to helping companies and employees live their best lives is our main focus. If you have questions or concerns please feel free to reach out & stay safe!

AFS 401(k) Retirement Services

Securities and Advisory Services offered through Commonwealth Financial Network, Member FINRA, SIPC, a Registered Investment Adviser
7700 Old Georgetown Road | Suite 630 | Bethesda, MD 20814 301.951.2642