



LA CLINICA
AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

Online Support for Well-Being April 2020

Each of the following links include free support to help us take care of ourselves during challenging times.

Headspace free mindfulness resource

<https://www.headspace.com/covid-19>

Offers free meditations (short and long) for everyone. No experience with mindfulness or meditation needed!

Greater Good's Guide to Well-Being During Coronavirus

https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus

Includes podcasts, articles, writing activities, mindfulness practices, meditations on compassion and other topics; tools for parents and more.

Free online classes offered by the national YMCA

<https://ymca360.org/>

Video classes are offered in the following categories: bootcamp, barre, yoga, active older adults, weightlifting, tai chi, youth soccer, Y Box, youth sports performance.

Oregon State University Master Gardener Short Course Series

<https://workspace.oregonstate.edu/course/master-gardener-short-course-series>

Offers a few free class options in addition to those with a fee. All are being offered online at this time.

Google Arts and Culture

<https://artsandculture.google.com/>

Includes tours of world museums, ideas of things to do with children, and lots of interesting articles and videos on a wide variety of interesting topics. This is a great thing to scroll through for inspiring and uplifting information!

Move ~ Learn ~ Breathe ~ Connect ~ Nurture ~ Nourish ~ Create ~ Relax ~ Play ~ Plan ~ Thrive