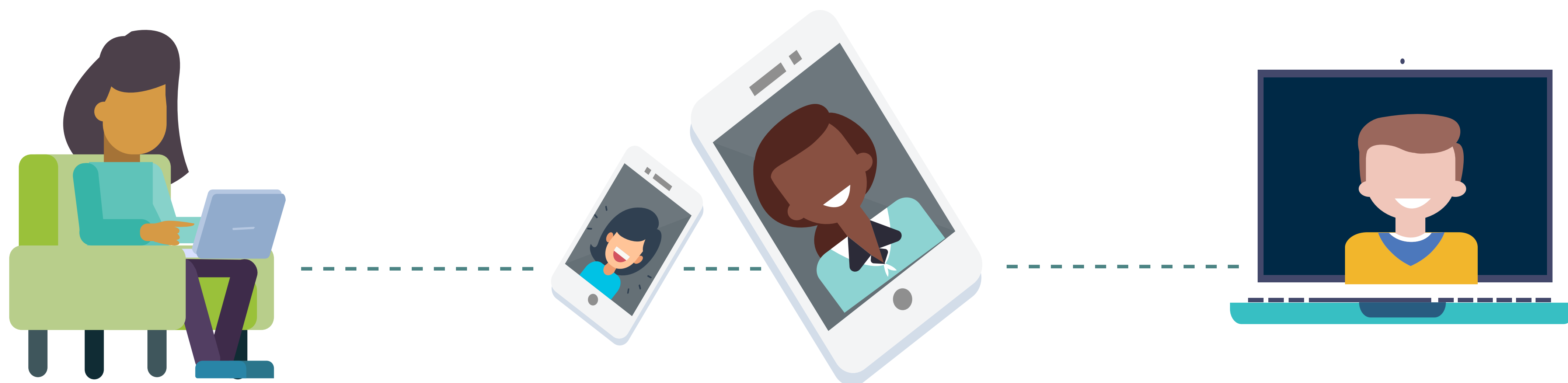


Healthy Social Connections

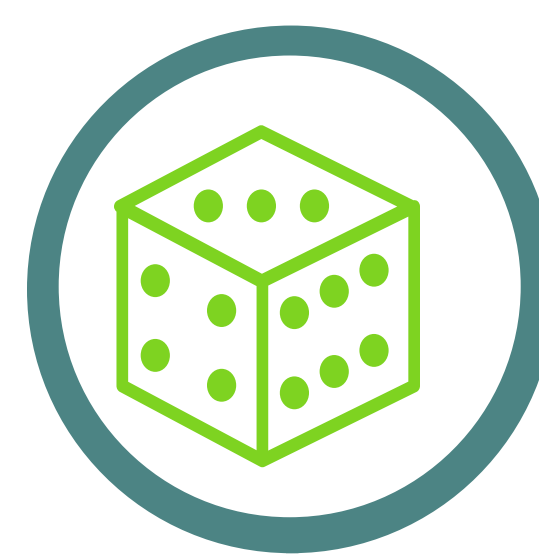


When you're apart, staying connected to your family and friends in a healthy way is possible with these simple activities using apps and mobile devices.



Movie Night

There are plenty of great apps on your mobile devices that allow groups to stream movies together and also allow for group interaction.



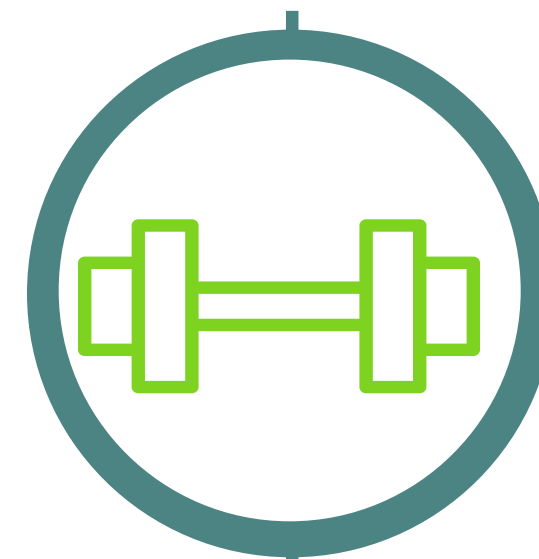
Game Night

Download free apps to play your favorite fun-filled games with others. Options include Trivia, Pictionary, Bingo, Charades, and many more!



Walk n' Talk

Catch up with family and friends during a walk to find out how they're doing and what they've been up to.



Group Workouts

No gym no problem. Pick a workout that your group can access online or on TV and get moving together using video chat.



Kitchen Creations

Improve your kitchen skills with friends by choosing a new recipe your group can create and enjoy together on a video chat.



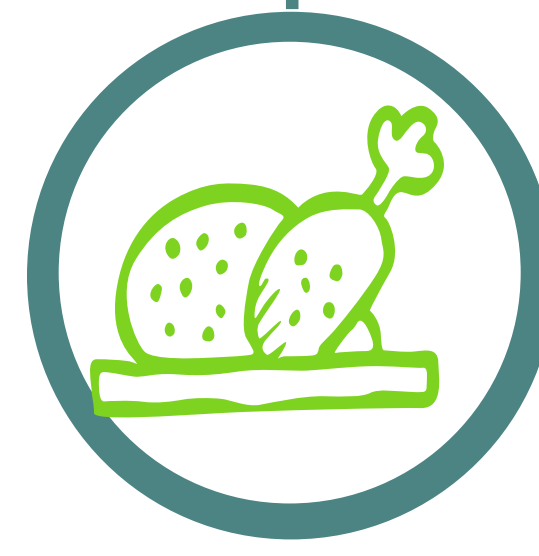
Craft Challenge

Get your group together virtually, and get creative. Each person has 30 minutes to create, build, or draw something from any available materials.



Story Time

Connect with the kids in your life to read them a bedtime story, or get your book club together to discuss the latest book assignment.



Sunday Dinner

Memories are often created around the dinner table. Continue the tradition even if you aren't in the same location.

Contact your Coach for more information.