



## Free Public Resources

We're Here for You. As an outpour of community services emerge during this time, we would like to share some of them with you.

- **Yale's massively popular 'happiness' course:** is available [free online](#)
- **Centers for Disease Control and Prevention:**
  - [How to Protect Yourself](#)
  - [Guidance for Older Adults](#)
  - [Communications for Employees](#)
- **Grokker:** Help your team manage stress, stay connected and maintain their physical fitness with [free access](#) to our wellbeing solution and fitness video streaming through April 30, in addition to [free webinars](#) and preparedness resources on staying calm, healthy meals, deep sleep and much more.
- **Wellbeats:** [Free access](#) to on-demand fitness, mindfulness and cooking classes that empowers habit forming physical and mental health with free access until April 30, use promo code **57a4df63**
- **Active by PopSugar:** Hundreds of [free workouts](#) from celebrity trainers and fitness experts.
- **GOLD'S AMP™:** [Free access](#) through May 2020, to over 600 audio and video workouts to keep you moving in the gym, outside, use promo code **FIT60**
- **Inner Explorer:** Free access for youth and families to the I AM PRESENT app, [download here](#) through Summer 2020.