



Well onTarget<sup>®</sup>

Health Kit | April 2021

## Hello!

Here is your Health Kit for April 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

Many of us are working remotely, and learning to connect with others virtually has become the new norm. Making sure we stay connected to others, whether it's friends, families, or coworkers, is vital for our mental health. This month's Health Kit provides tips and fun ideas to help you stay connected with others.

---

### Poster

Check out this month's poster for creative ideas to stay in contact with others while remaining apart.

[Download Poster](#)

---

Continued on Page 2

## Brain Game

Unscramble these words to find ideas to stay in touch with others.

Download Game

---

## Recipe

Check out this month's recipe for a delicious and healthy shrimp and broccoli stir-fry dish.

Download Recipe

---

## Short Video

Watch this short video to learn about apps you can use to stay socially connected.

Watch Video

---

## Podcast

Listen to this month's podcast for fun ways to connect with others.

Listen

---

Additional Information:

[For More Information on Staying Connected While Staying Apart](#)

## Coming up...

Tune in next month for information on taking care of your mental health during a crisis.

Well onTarget®