Happy Wednesday and welcome to the July Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: The Wellness Committee.

COMMUNITY OUTREACH

Feminist Women’s Health Center Community Programs
Volunteer with 100 Black Men of Atl.
Become a Poll Worker!
Fulton County or Dekalb County
Find other local opportunities here

EMORY UPDATES

Welcome to our interns!
Bookmark the GME Wellness Page
Daily wellness screening is now electronic!
Instructions for downloading COVIDPass
Department link for Justice

Childcare
Emory Childcare during COVID-19 site includes links to child care centers, summer camps, in home care, and virtual resources
From parental burnout to coronavirus to social justice, the NYT parenting section is one to read
Kids Exercise Videos

MINDFULNESS

Mindful Healthcare Summit
- Register to receive Free Access to the live sessions and recordings of mindfulness seminars for healthcare workers

KUDOS!!!

Thank you Dr. Kalinda Woods for authoring a thoughtful pledge of advocacy to be adopted by the department.
Thank you Dr. Arluck and Aimee Moynihan for executing an intimate and memorable virtual graduation for our graduating residents.
Submit kudos to members of the GYN/Ob Department here