



Emory Wellness Wednesday
NEWSLETTER
 Volume #10
 July 1, 2020
[GYN/OB Wellness Webpage](#)



COMMUNITY OUTREACH

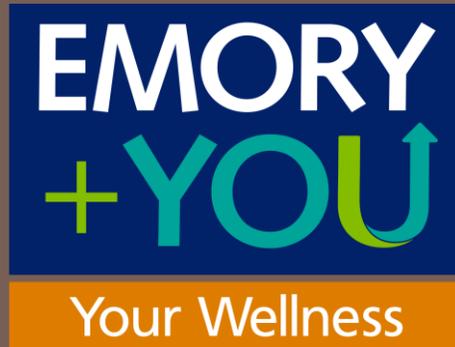
COMMUNITY OUTREACH

Feminist Women's Health Center
[Community Programs](#)

Volunteer with [100 Black Men of Atl.](#)

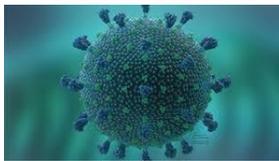
Become a Poll Worker!
[Fulton County](#) or [DeKalb County](#)

Find other local opportunities [here](#)



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](#)

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](#)

MINDFULNESS

[Mindful Healthcare Summit](#)

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

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](#)



"Create a sleep routine without devices. The blue light from phones, tablets and televisions disrupt natural melatonin, which helps you sleep."

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](#)

