

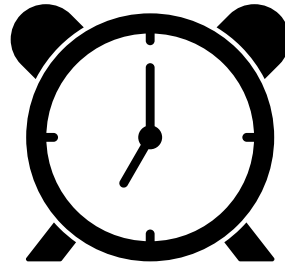
NewSchool Call For Wellness

Since 1980, NewSchool has provided you with the high-touch community experience you've come to depend on, and we're still with you during these uncertain times. The health and well-being of our students, faculty, and staff is our first priority. We are closely monitoring the spread of COVID-19 and will continue to keep you informed. Thank you to our entire campus community for your flexibility, commitment, and resilience. Here are a few tips for practicing self-care.

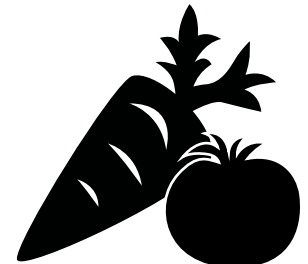
#WeAreNewSchool



MEDITATE



STICK TO A
SCHEDULE



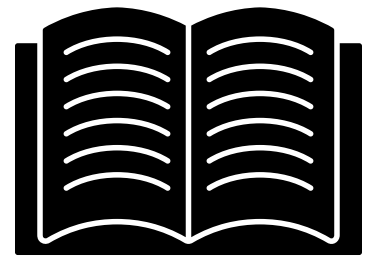
EAT HEALTHY
FOOD



ENGAGE IN A
HOBBY



GET MOVING, EXERCISE
REGULARLY, & HYDRATE



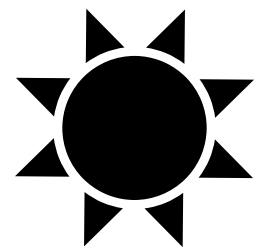
LEARN A
NEW SKILL



PLAN FAMILY
ACTIVITIES



CONNECT WITH
LOVED ONES



GET OUTSIDE*

[Click here](#) for additional information & resources

*Please follow all guidelines found on [CDC.gov](https://www.cdc.gov)