The FFH Team Wishes You the Best of Health!

Jen brought her kids to visit their grandparents from over 6 feet away, Kaiya and her daughter went on a quarantine stroll, Clare took a social distancing hike, Laura caught up on her pandemic reading, and Barry worked in social isolation on his garden. How are you staying healthy?
### Coronavirus/Covid-19

**What do Covid-19 and the Tiger King Have in Common?**

Excess quarantine time and binge-watching reality TV is not the only connection between Joe Exotic and the Pandemic... [Read More]

**FFH's Unofficial, Unverified Coronavirus Hacks**

These immune-building hacks are not scientifically researched or medically approved, just suggestions from us... [Read More]

**Coping Strategies for the Involuntary Shut-In**

Many of us have recognized the need to develop some stress management techniques during... [Read More]

**Ableism Puts Lives at Risk During Pandemic**

"It’s scary to know that because I have a disability, my life may not... [Read More]
Stay active and healthy during these unique times.

Here are some ideas to break up your days and maintain the good habits that keep you feeling well...

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

— Herophilus

News from Our Sister Organization:

Segal Family Foundation

Segal Family Foundation partner & Last Mile Health CEO Raj Panjabi wrote the Medium article “What If Jobless U.S. Workers Were Hired to Fight Coronavirus?”