



Staff Wellness Resources

Entertainment:

MoMA - New York
Van Gough Museum - Amsterdam
Uffizi Gallery - Florence
Musee D'Orsay - Paris
The Met - New York
Tate Britain - London
Georgia O'Keeffe Museum - Santa Fe
Scottish National Gallery - Edinburgh
British Museum - London

The New York Times
The Wall Street Journal
The Washington Post
The Los Angeles Times
The Guardian
AP News
The Athletic

Health and Wellness:

Buffalo Based Studios

Revolution Buffalo	Online workouts via Instagram.
Power Yoga Buffalo	Free classes using the Zoom app.
Rockpile Athletics	Free live stream workouts on Thursdays at 6 p.m.
Natural Physical Therapy of East Amherst	Live classes via Facebook
BAC for Women	Free live stream workouts - visit Facebook for schedules

Free Fitness Apps

CARROT Fit	7 minute workouts	Available on the App Store as a free download for the next two weeks
Down Dog	Various Fitness Apps	Available on the App Store as a free download
Headspace	Mindfulness and guided meditation app	Free for US healthcare professionals, who work in public health settings. Available through the end of the year
Planet Fitness	Free workouts for members and non-members	Available on the App Store as a free download
Peloton	Yoga, HIIT, stretching, and other categories	Available on the App Store as a free download - 90-day free trial



Social Media Based

<u>Modo Yoga</u>	Free yoga classes	Instagram - modoyogala
<u>Rumble Boxing</u>	Boxing inspired workouts	Instagram - DoYouRumble

Other

<u>Corepower Yoga</u>	Yoga and meditation classes	Corepower Yoga On Demand
<u>Beach Body</u>	Various fitness classes	14 day free trial