



Stay Connected this Winter Season

Connecting with friends and family is important for our mental health. Even with the cooling weather, you can still safely connect. Try these COVID-safe ideas below.

VIRTUAL ACTIVITIES



Book Club



Soup Group or
Recipe Club



Game Night



Fitness Challenge



Craft Night



Coffee or
Dinner Date



Distanced
Physical Activity



Outdoor Socializing



Spending Time
in Nature



Giving Back

SEEK HELP

During this stressful time, don't be afraid to ask for help. For a list of mental health resources and additional COVID-19 information, visit: <https://covid.knoxcountyttn.gov/>



**KNOX COUNTY
TENNESSEE**

HEALTH DEPARTMENT