

General Health & Well-being Resource Guide

Staying Healthy & Active At Home

American Heart Association - [practical suggestions for staying active and healthy at home.](#)

[UCLA Recreation Movemail](#) – Subscribe to access exercise video library & receive 2 daily move reminders at 10am & 2pm.

Free Online Exercise Resources:

[Les Mills on-demand exercise classes](#) (Currently FREE)

[Peloton Online App](#) (FREE 90 Day Home Trial)

[50 Best Free Exercise At Home Workout Resources](#)

[Down Dog App -Yoga, HIIT, Barre, 7-min exercise](#) (Currently FREE with .edu mail address)

Food and Meal Delivery Options

<p>Grocery Delivery Services (NOTE: Due to high demand, locations, delivery times and certain items may be limited)</p> <p>Instacart Shipt Yummy Pink Dot</p>	<p>Grocery Curbside Pick-up (Order online) (NOTE: Due to high demand, service areas and limitations may apply)</p> <p>Publix Target Grocery Walmart Ralphs</p>
<p>Meal Delivery Services (most offer introductory discounts)</p> <p>Blue Apron Green Chef HelloFresh Freshly Home Chef (discount code DINNERTIME30) Splendid Spoon Sun Basket Wild Alaskan Seafood Hungry Root Purple Carrot The Culinistas:</p>	<p>Restaurant Delivery Services</p> <p>Door Dash (delivery fee currently waived) Grubhub Uber Eats (delivery fee currently waived): Eat Street Seamless</p>

Resources for Parents & Caregivers

Awareness & Support and Education

LA County Department of Public Health - [COVID-19 specific resources for families](#) (multiple languages)

LA Unified School District - [resources for families during school closures](#) including:

- 60 sites for grab and go food services implemented to help feed children displaced by school closings. Parents and students can pick up food at 60 sites listed on the website.
- Homes schooling resources.
- Hotlines for families and employees.

[10 Helpful Tips While Working From Home With Kids Due To Covid-19](#)

[11 Tips for Working from Home While Your Kids are With You](#)

Childcare Services:

[Care.com](#)

[Sitter City](#) (50% off new membership)

[Bambino Sitters](#) (booking fee currently waived)

[WeeSit](#) (temporarily only in-home babysitting/childcare - hospital childcare not offered)

[Modern Minders](#)

[Cultural Care Au Pair](#)

[Winnie](#)

[Connections for Children](#) (non-profit childcare resource and referral agency)

Conversations with Kids

PBS.org - [How to Talk to Your Kids About Coronavirus](#)

CDC.gov - [Talking with Children about the COVID-19](#)

Childmind.org - [Talking to Kids About the Coronavirus](#)

Online Lessons and resources for keeping kids busy at home

[Navigating Google Classroom](#)

[Go Noodle \(Games and exercises\)](#)

[Cosmic Kids Yoga](#)

[Lunch Doodles \(Drawing lessons\)](#)

[Virtual School Activities](#)

[Virtual Field Trip](#)

[Cincinnati Zoo Online Safari](#)

[Toledo Zoo Virtual Tour](#)

[Educational TV Shows on Netflix](#)

[Highlights for Kids](#)

[Sesame Street](#)

[PBS Kids](#)

[CA Science Center](#)

[Monterey Bay Aquarium](#)

[ABC Mouse](#)

[Free Online Tutoring \(use Los Angeles Public Library card to login\)](#)

Online Storytime options

[Storyline Online:](#)

[Brightly Storytime \(Read Aloud Picture Books\)](#)

[Read-Alouds and Sing-Alongs](#)

[Operation Storytime](#)

Various Local/National Religious Services Offered Online

[Cathedral of Our Lady of the Angels](#)

[Oasis Church](#)

[Zoe Church](#)

[New Song LA](#)

[Saddleback Church](#)

[Shepherd Church](#)

[Islamic Center of Southern California](#)

[Sinai Temple](#)

[Ikar](#)

Take Care of U