

March 31, 2020 version

VIDEO: Wellness

Link to video:

1. **3 steps to coping with anything including COVID** – video by Drs. Jon Hunter and Bob Maunder, Sinai Health System. 7 minutes

https://www.youtube.com/watch?v=Rkz7vJOZ2HU&feature=youtu.be

SEE more COVID-19 information at PGME website