

Free Resources During Coronavirus Outbreak

1

CHARTER SPECTRUM

Free Spectrum broadband and WI-FI for 60 days to households with K-12 and/or college students who don't already have a Spectrum subscription. Call 1-844-488-8395 to get started.



2

HEADSPACE APP

All US Healthcare Professionals can receive access to Headspace Plus through the end of 2020.

3

DOLLAR GENERAL & TARGET

Both grocery store establishments are dedicating the first hour of operation each day to senior customers only.



4

LOCAL SCHOOL DISTRICTS

Many school districts are offering free bagged lunch and breakfast for students. Contact your local school district for more information.

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5

SCHOLASTIC

Free digital learning hub designed to support virtual learning plans for Pre K- 9th Grade. Visit: www.scholastic.com/learnathome



6

STREAMING SERVICES

Amazon Prime Video, Hulu, and Netflix all have 30 day free trials. Just don't forget to cancel!



7

DOWNDOG APP

Popular fitness app for Yoga, Barre, HIIT, and much more. Free classes until April 1st.



8

PLANET FITNESS

Enjoy an exercise session from a local gym. Free Facebook live-streams of various workouts daily at 4pm PT/ 7pm ET.



9

NATIONAL MUSEUM OF NATURAL HISTORY

Free virtual tours of past and current exhibits within the Smithsonian Museum. Visit: www.naturalhistory.si.edu/visit/virtual-tour



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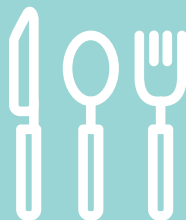
NEWS PUBLICATIONS

The New York Times, The Wall Street Journal, The Washington Post, The Guardian, and many more are removing their paywall to give free access to news stories.

11

FOOD DELIVERY SERVICES

Local restaurants, Postmates, Door Dash, and Grub Hub are offering free delivery and discount codes for a limited time.



12

6SECONDS.ORG

Practice emotional intelligence with experts in live, online mini-classes to be and do well. Learn more about well-being, parenting, relationships, leadership, and change. Classes are either free or reduced to \$7.50. Visit: 6seconds.org/grow

