

COVID-19 Update - April 24, 2020

Hi all-

No updates for today, but instead I wanted to give you a reminder: take care of yourself!

Be mindful of the impact this prolonged situation is having on you because it is affecting everyone in different ways. I've been feeling it this week, and I've seen it in others as well. Go for a walk, watch a movie with your kids (Trolls World Tour really holds up the first 15 times you watch it), read a book, reorganize your closet (hard pass from me) or do something else that can help you relax and recharge. Do something that works for you. The important thing is that you know when you need to recharge and do it.

My weekend plans do not involve watching Trolls World Tour, but they do involve having some fun with the family to help get my mind right. I hope all of you are able to have a great weekend! Let's regroup refreshed on Monday.

Thanks-
Josh