



Self Care Newsletter

HORIZON GRIEF RESOURCE CENTER

Hope these resources help you enjoy the Fall season:

- **Boost your immune system for fall:**
<https://mindfullivingnetwork.com/boost-your-immune-system-for-fall/>

- **Enjoy fall fun:**
<https://mindfullivingnetwork.com/a-great-season-to-have-fun/>

- **Mood Boosters:**
<https://bemorewithless.com/mood-boosters/>

- **Create Your Own Escape:**
<https://mindfullivingnetwork.com/category/create-your-own-escape/>

- **Check out these Live Cams:**
<https://mindfullivingnetwork.com/category/explore-org-livecams/>