



STAY HOME & STAY WELL

As we settle into the reality of the next few weeks and the disruption we currently face, we wanted to remind you that we are here to support you in whatever way we can. We are in uncharted times, but the one thing that remains clear is that it is easier to navigate together.

In the spirit of brightening your days while we stay home and stay healthy, here is a list of some fun and interesting resources to explore:

- [Google Tour of National Parks](#)
- Yale University's most popular class – [The Science of Well Being](#)
- Epic [ski adventure movies](#) for free
- [Seattle Symphony](#) will share free online performances
- Free online Yoga Classes - [Core Power Yoga](#)
- Online Art classes - [Skillshare](#)
- [Metropolitan Opera](#) - Streaming free encore presentations of its *Live in HD* series

And finally, [Zoom online calls](#) – it is a great way to gather family or dear friends and it is free to use the App for the first 40 minutes. We are happy to give you a quick mini lesson on how to set this up.

Locally, our grocery stores are offering pick-up/delivery options and creating special hours for those at higher risk. Many restaurants are offering curbside pick-up and to-go options so you can still eat from and support your favorite local businesses.

If you are struggling to find an answer for something, let us know and we will help find a solution for you!

Most importantly, remember to focus on your well-being - go for a walk, limit the news, eat well, stay hydrated, and reach out to each other. We are always a phone call away if you have any questions, concerns, or need reassuring support.

We will get through this together.

Holding steady,
Your ASI Team

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