

To follow Qatar's up-to-date COVID-19 valuable information:
www.moph.gov.qa/english/Pages/Coronavirus2019.aspx

#ThePowerofWE

'WE' are encouraging everyone in keeping together a healthy lifestyle to remain being innovative and optimistic.

Below are some online materials that 'WE' hope will be helpful to all of us:

helpful links:

1. Click here to join 'Extra Time' by Kooratime for health tips and fitness challenges while following Qatar National Football team's participation. You and your kids with ages from 6 to 17 can join and win exciting prizes for up to worth QAR 1000!
2. Interested in joining a virtual run organized by Qatar Olympic? Click here!
3. Fan of FIFA World Cup and would like to watch old matches? Click here to vote on your favorite matches to relive!
4. Another way to relive your favorite FIFA World cup matches: click on this Spotify playlist called #WorldCupAtHome to celebrate the sounds of the tournaments.
5. Examples of home-based exercises by World Health Organization
6. 5 Tips to Protect your mental health by UC San Diego Health
7. 30 Days of Yoga
8. Indoor activities to enjoy with kids
9. Explore free online courses in Harvard University
10. Explore World Health Organization's courses

note:

If you have any suggestions or materials that you would like us to feature, please send us an email at newsletter@dallahholding.media

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thank you!