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:

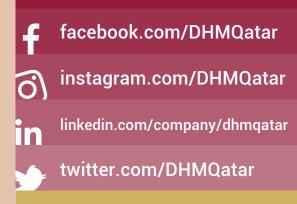
helpful links:

- 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@dallah holding.media

follow us:



thank you!