

Be the Bee #144 | Staying Healthy During Coronavirus



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Feeling scared to go back to school or work? What about Church? This has been a crazy time for us all. So Steve and Christian are back to share four keys to staying healthy during the coronavirus pandemic (and as public place begin to reopen). They even made a companion journal to the episode. The journal offers guided questions to help you stay healthy: mentally, physically, emotionally, and spiritually.

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Get your free “Healthy Human” PDF here:
https://mailchi.mp/goarch/be_the_bee_144

Are you anxious for churches to reopen? Are you feeling scared? Leave a comment and share how you're doing. Lost your job? Need help paying your bills? Check out the new Covid-19 Relief Fund: <https://youtu.be/1r3yRlfOTew>

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