

5 WAYS TO WELLBEING

Stay CONNECTED
Talk & Listen

GIVE
time, words, presence

OBSERVE YOURSELF
do simple things
giving you joy

KEEP LEARNING
surprise yourself with
new experiences

BE PHYSICALLY ACTIVE
move your mood

2021

1 JANUARY	2 FEBRUARY	3 MARCH	4 APRIL
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5 MAY	6 JUNE	7 JULY	8 AUGUST
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9 SEPTEMBER	10 OCTOBER	11 NOVEMBER	12 DECEMBER
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USEFULL CONTACTS:

COVID-19 Hotline for assistance

Office:
+32 6532 5336
(Mo-Fr 0800-2000)

After Hours:
+32 476 760 327 (24/7)

 **StayingWellTogetherAtSHAPE**

Information available on the
SHAPE2DAY website
<https://www.shape2day.com/default>



Supreme Headquarters
Allied Powers Europe

YOU 
ARE NOT
ALONE

 **StayingWellTogetherAtSHAPE**

Your new section on **SHAPE2DAY** website
that will help you to be connected with all
SHAPE Resources and Activities !

YOU ARE NOT ALONE !

LET'S STAY CONNECTED ALL TOGETHER ... TO MAKE IT DIFFERENT.
STAY CONNECTED - GIVE - TAKE NOTICE - KEEP LEARNING - BE ACTIVE



face time friends
and loved ones



bake cookies

QUARANTINE ACTIVITIES



exercise



cuddle your pet

SHAPE SPORTS & FITNESS – VIRTUAL PROGRAM / CROSSFIT / ZUMBA WITH WENDY HALF AN HOUR GIVES YOU POWER
WALK & TALK / WALK & TALK FOR PARENTS / YOGA ON-LINE / VIRTUAL BOOKCLUB / BOWLING
LANGUAGE BUDDIES & LANGUAGE EXCHANGE / VIRTUAL COOKING CLUB / COOKIE EXCHANGE / GINGERBREAD
DISC GOLF SHAPE BENELUX / GOLF CLUB / TENNIS ON BASE

BRING YOUR IDEAS !!!

Feed, Share & Enjoy ...



meditate



clean your house



rest and recover

Staying well together @ SHAPE

Your new section on **SHAPE2DAY** website that will help you to be connected with all SHAPE Resources and Activities !

www.shape2day.com



get creative



go outside
for a walk



garden