



# COVID-19

ADVISORY No. 21

March 26, 2020



ANVAYA  
COVE  
Seaside Leisure Community

## National Week of Prayer

• 4th Week of March 2020 •

*A call to pray for unity and strength as we face the COVID-19 threat by fixing our eyes on the Almighty in this time of affliction.*



## BRAIN BREAK TIPS

*Think positive and maintain a healthy lifestyle*



*Have a daily exercise routine*



*Prepare healthy food*



*Get enough rest*



*Prayer & Meditation*



*Other enjoyable activities help, too*



*Source: Department of Health*