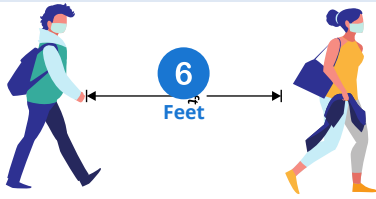




FREE OUTDOOR FUN



1. Walking guides of Los Angeles neighborhoods-61 self-guided tours on bicycle and foot
www.kcet.org/shows/socal-wanderer/61-self-guided-tours-for-exploring-la-on-your-own



2. Self-guided walks in Los Angeles
www.angelswalkla.org/walks



3. Dog Friendly Hikes, Walks & Parks
www.discoverlosangeles.com/things-to-do/best-dog-friendly-hikes-parks-los-angeles



5. Plant a Tree
www.cityplants.org



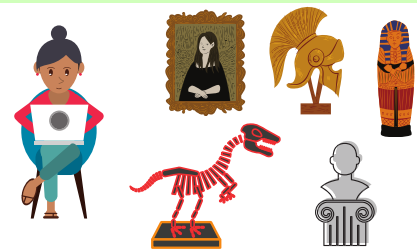
4. Free Headspace Meditation
www.headspace.com/lacounty



6. Hiking with social distance & masks
www.meetup.com/topics/hiking/

GET OUTSIDE WITHOUT GOING OUTSIDE

7. Free virtual tours by the Los Angeles Conservancy- Learn and travel virtually.
<https://www.laconservancy.org/events-tours/self-guided-tours>



8. "Virtual" Things to Do for Angelenos Under Quarantine
<https://www.welikela.com/things-to-do-under-quarantine-los-angeles>



SHARE ! Visit www.shareselfhelp.org/covid for Free Zoom Games & Resources