

We know that the **WHOLE** person comes to work every day. We also know that you're balancing a lot at work and at home. In addition to career needs, you have needs in the areas of financial, social/emotional, community, and physical. Here are some apps you might find useful in finding your balance!



COMMUNITY

COMMUNITY WELLBEING - Resources to support employees in giving back to their communities or outreach in the area they live.

COMMUNITY WELLBEING APPS

- **Viber** – Supportive online communities and groups - www.viber.com
- **Charity Miles** – Earn money for charity when you walk, run or bike. - www.charitymiles.org
- **Budge** – Challenges that result in donations. - www.thebudge.com
- **Waze** – Navigation app designed to help other motorists out. - www.waze.com
- **Donate a Photo** – With each photo added, Johnson & Johnson will donate \$1 to a rotating selection of charities. - www.donateaphoto.com

COMMUNITY WELLBEING PODCASTS

- **The Kindness** – Help you to use kindness to overcome all of life's difficulties. - www.npr.org/podcasts/557154160/the-kindness-podcast
- **People Helping People** – Inspiring greater social change in the world. - <https://peoplehelpingpeople.world/>

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Find the apps in either the Apple App Store or Google Play Store.

