



Your guide to wellness and self discovery

Over the past few months, we have learned what it means to live in isolation and prioritize our health. While this lifestyle shift has presented challenges, many used this time for personal reflection and the exploration of new hobbies. Here are some ways for audiences of all ages to enrich themselves and discover new interests.

1. ENJOY THE BEAUTY OF REGION

Taking walks and hikes are a great way to get some fresh air. With WCNY's Regional Guides, local adventures are right in your backyard at beautiful parks, gardens, and trails across Central New York.

Download a guide: bit.ly/wcnyadventure



DID YOU KNOW?

1913 | Igor Stravinsky's "The Rite of Spring" was first published and performed in Paris in 1913.

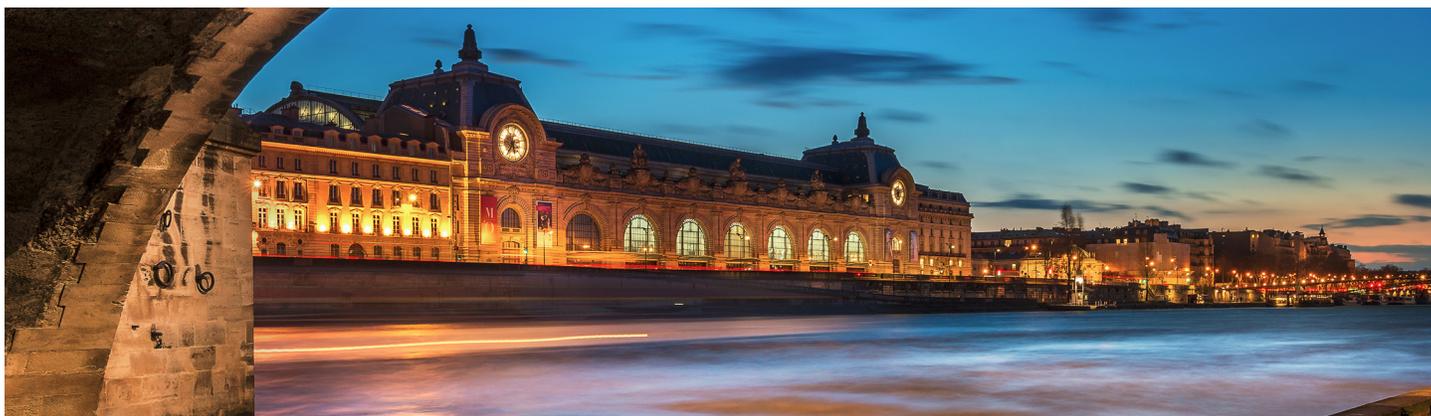
2. TRAVEL THE WORLD

These world-renowned museums and galleries offer free virtual tours, where e-guests can learn about art, history, archaeology, and culture.

- The British Museum—London
- Guggenheim Museum—New York
- Le Musée D'Orsay—Paris
- Van Gogh Museum—Amsterdam
- Uffizi Gallery—Florence

Take a virtual tour of these museums and galleries:
travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

Visit the far corners of the earth right from your home with PBS favorites, like *Rick Steves' Europe*, *Earth's Sacred Wonders*, and *NOVA*.



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3. CONTINUE LEARNING AT HOME

When public schools closed, WCNY quickly assembled a team of producers and local teachers to create the TV Classroom network and At Home Learning services. These programs feature lessons on WCNY-TV and GLOBAL CONNECT. Lessons cover a variety of curriculum for grades K–12 on the subjects of: ELA, math, science, health and physical education, arts and culture, and social studies.

The TV Classroom network is simulcast from wcnyc.org and WCNY’s Facebook page. Classes are also available on demand at wcnyc.org/tvclassroom.



4. READ NEW BOOKS

“Writers & Lovers” —Lily King

This brand-new novel from Syracuse University alumna Lily King follows the story of Casey Peabody, as she grieves her mother’s death, falls in love with two men at the same time, and publishes her first novel.

“The Tattooist of Auschwitz” —Helen Morris

An international blockbuster and No. 1 New York Times Bestseller, this is the unforgettable story of the Auschwitz prisoner, Lale Sokolov, who was forcibly tasked with tattooing numbers on his fellow prisoners.

For more inspiring reads, check “Now Read This,” a collaborative book club from *PBS NewsHour* and The New York Times Book Review that offers new book suggestions every month. View the list here: pbs.org/newshour/features/now-read-this



5. LISTEN TO NEW MUSIC

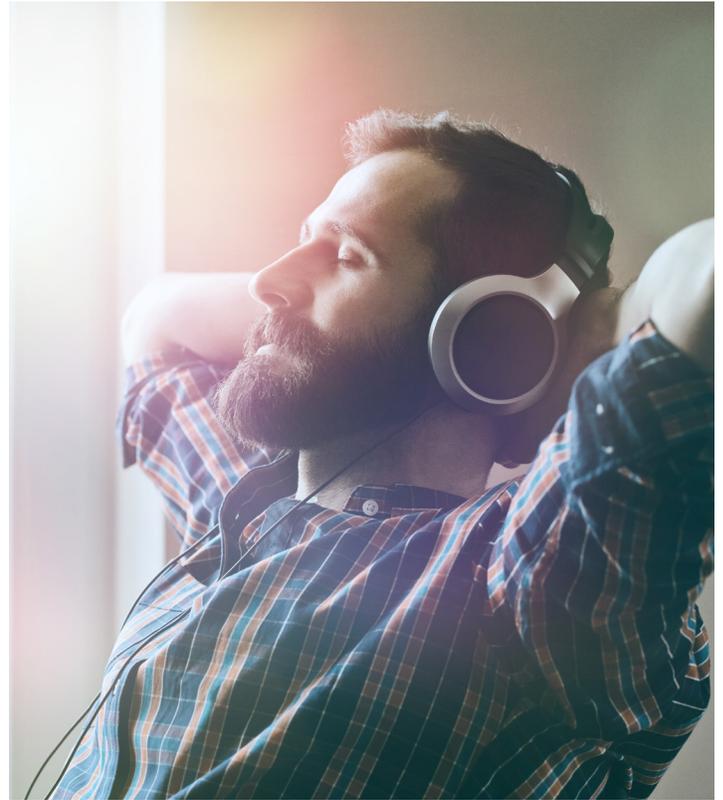
According to a recent publication from Harvard Medical School, listening to classical music can significantly benefit your health. The “Mozart Effect” refers to classical music’s ability to improve focus, stress levels, memory, mood, cardiovascular functioning, and even athletic performance.

Neo—Michael Huygen

Check out the new release from Spanish composer Michael Huygen, who is known for new-age compositions that bridge electronic music synthesis with classical music. “Neo” is Huygen’s 45th album, performed with the London Symphony Orchestra. Listen for free on YouTube or Spotify.

‘Classical Companion’

Host Diane Jones’ new radio show, “Classical Companion,” provides an oasis of calm during challenging times. This Classic FM program showcases relaxing classical music and a discussion on music compositions with Central New York music directors and industry professionals. Enjoy a library of other great classical music on WCNY’s Classic FM.



6. DISCOVER THE ORIGINS OF AMERICA’S BELOVED PASTIME

Though spring and summer sports were suspended, many enjoyed baseball season with the Ken Burns docuseries, *Baseball*. Dig deeper into the origins of this American treasure and learn how the sport has defined our culture throughout the last century. Watch the entire series for free at pbs.org/show/baseball.

