

# A Message to Our CEDS Family



## It is Important that we stay Connected

During this time of anxiety and uncertainty, I wanted to reach out to say we are thinking of you. As we navigate the current health crisis together, I also wanted to let you know that our studio continues to prioritize the safety and well-being of our staff, their families, and our patrons.

At Creative Expressions, we value the role we play in helping you express, connect, and develop the creative expressions that lie within you. In this unprecedented moment, being connected with each other is more important than ever. While we may be practicing social distancing, staying healthy means not falling into an unhealthy pattern of social isolation. We encourage you to keep moving each day to maintain a healthy lifestyle, both physically and mentally. Taking care of our emotional well-being, prioritizing self-care, and staying engaged with the important people in your life are among the most critical things we can do right now.

Here are just a few ways you might consider connecting with friends, family, co-workers and others in the days and weeks ahead:

- ❖ Video chat versus texting - seeing your face will bring a big smile to others
- ❖ Take part in one of our awesome zoom dance classes – Get Fit and Socialize
- ❖ Make a list of 10 people you've been meaning to call – and do it
- ❖ Call a neighbor or distant relative, just to see how they are doing
- ❖ Cook a healthy meal for yourself or a family member
- ❖ Write a hand-written letter or send a complimentary e-card – Just saying hi"
- ❖ Drive by a loved one's house and tell them you love them

Now is the perfect time we should be thinking of each other, connecting with each other, and showing one another that we care. Faith is how we are walking through this pandemic and faith will allow us to get through these ever-changing times. We just want you to know that we care about you and your overall well-being, and that your dance family here at Creative Expressions Dance Studio, Incorporated is thinking of you.

Sincerely,



*Sheila Miller- Graham*

Director  
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*"Developing the Creative Expressions that Lie Within"*