

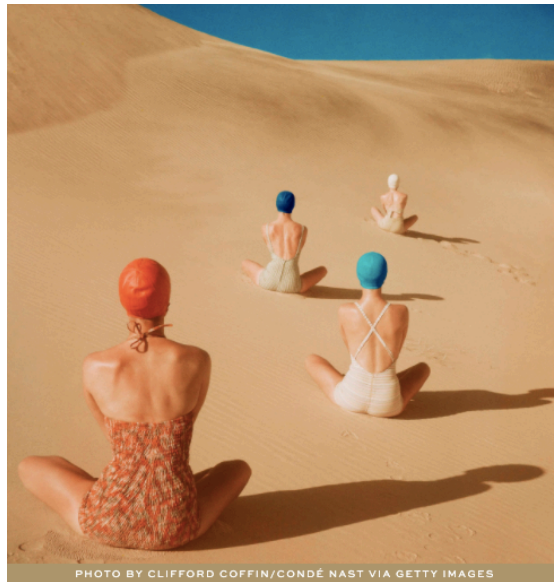
April 7, 2020

<https://www.thehelm.co/best-female-founded-businesses-guide/>

THE HELM

The Best Female-Founded Online Resources to Survive Social Distancing

From virtual workout classes to online health consultations and all the ingredients you need to make a quarantini: these thoughtful offerings are delivered straight to your door in a time when you need them the most.



Women-led businesses need our support now, more than ever. Luckily, we need them too. From digital fitness classes to webinar parenting support and online health consultations, we have compiled the ultimate list of female-founded brands and businesses that you can lean on during the coronavirus pandemic. Check back daily for updates.

Online Health Consultations

Reproductive & General Health

- [The Well](#): Offering virtual programming for an integrated approach to your health and well-being in the midst of a global pandemic.