

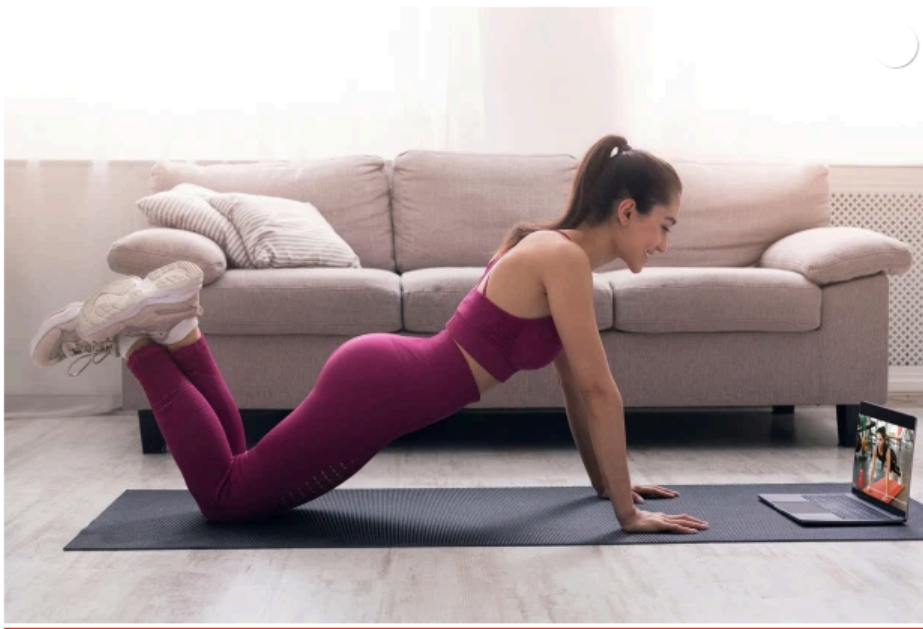
May 6, 2020

<https://nypost.com/2020/05/06/calling-all-essential-workers-freebies-and-more-up-for-grabs/>

Calling all essential workers: Freebies and more up for grabs

By [Perri Ormont Blumberg](#) and [Carole Sovocool](#)

May 6, 2020 | 2:38pm



All essential workers can de-stress with virtual yoga and more, courtesy of Bach, a personal training company.

Alamy Stock Photo

Companies and individuals are sharing the love with free services, giveaways and sweepstakes

Zen out

Health-care workers can get a free year of membership to the Well, which includes one health coaching session, daily mindful movement and meditation classes, educational programming, weekly support circles and access to their full library of past programming. [The-Well.com](#)