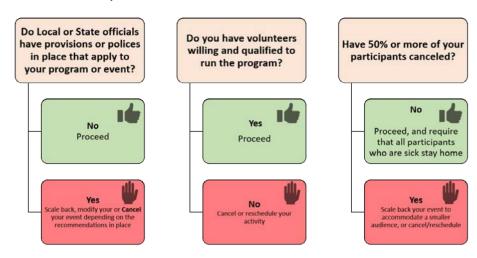
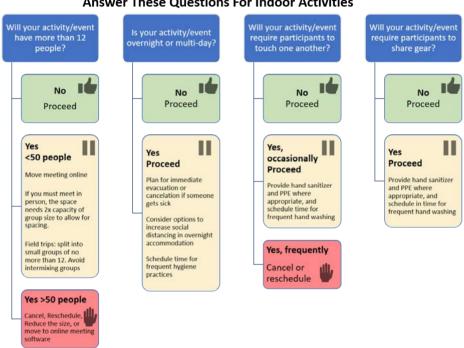
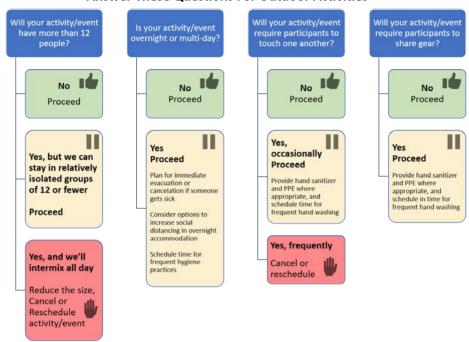
Answer These Questions First



Answer These Questions For Indoor Activities



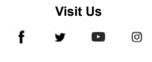
Answer These Questions For Outdoor Activities



We appreciate that these are stressful times and difficult decisions. We are here to support you. With that in mind, we encourage you to continue to spend time outdoors. We all know the physical and mental health benefits of our experiences in nature and fortunately, we all know how to make the most of them!

Thanks and Be Well,

Faith, Justin, and Hannah



Appalachian Mountain Club

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