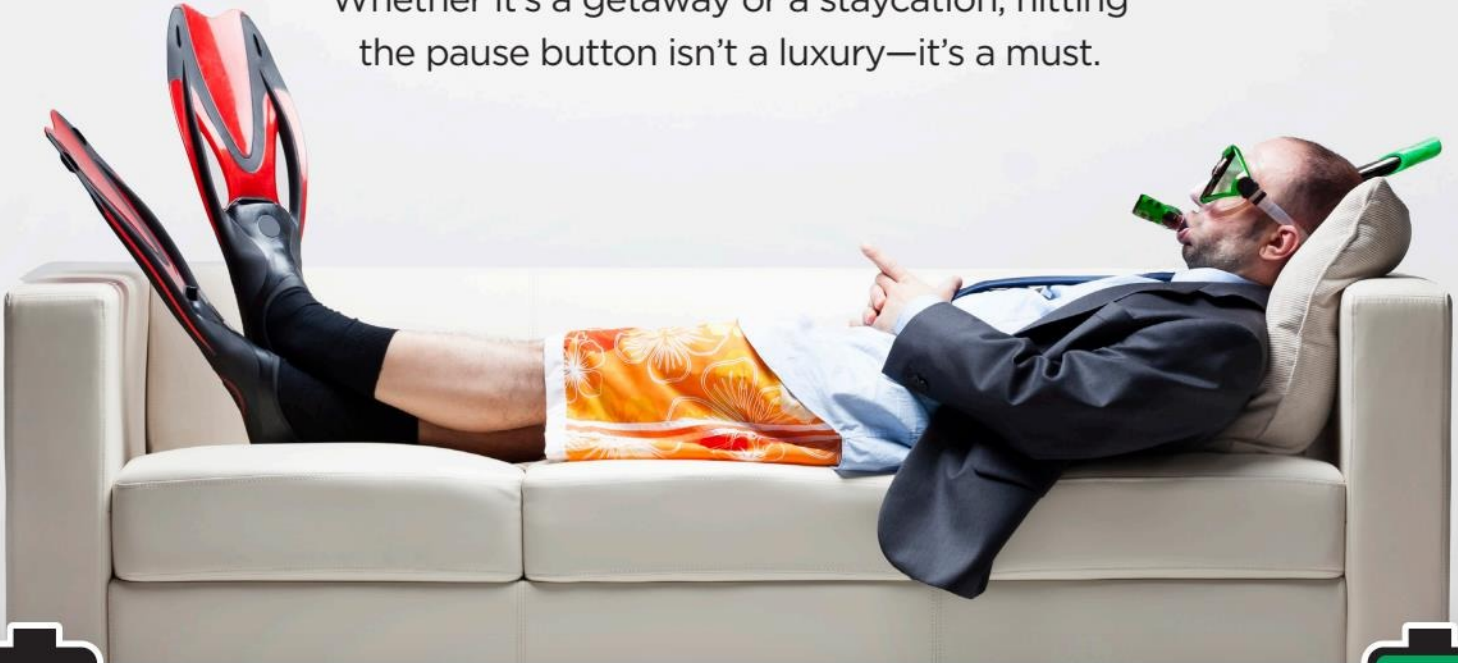


# Rest and Recharge *this Summer*

Have you been running nonstop this year?  
Whether it's a getaway or a staycation, hitting  
the pause button isn't a luxury—it's a must.



## When we don't recharge

Stress and  
burnout  
increase.

Fatigue/lack  
of quality  
sleep.

Impaired  
problem-  
solving.

## Benefits of time off

Focus and  
efficiency  
improve.

Deeper  
and more  
restorative  
sleep.

Enhanced  
cognitive  
abilities and  
creativity.

## Start planning

**A**ssess ..... **B**udget ..... **C**heck

Check schedules for  
the best time off.

Set spending  
limits and consider  
staycations or  
travel deals.

Explore destinations,  
best travel times,  
and special offers.

[wanderlog.com](https://wanderlog.com) | [tripit.com](https://tripit.com) | [skyscanner.com](https://skyscanner.com) | [alltrails.com](https://alltrails.com) | [thepointsguy.com](https://thepointsguy.com)



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# Hit the Road *this Summer*

The U.S. has something for everyone — beautiful parks, museums, cultural attractions, great food and much more.

## Lassen Volcanic National Park, Mineral, CA

- Hydrothermal areas
- Hiking
- Camping

## Assateague Island National Seashore, MD/VA

- Sandy beaches
- Maritime forests
- Wild horses

## Michigan's Upper Peninsula

- Swimming
- Hiking
- Mackinac Island



## Coeur d'Alene, ID

- Resort Golf Course
- Camping
- Boating and fishing

## Wichita, KS

- Museums
- Sedgwick County Zoo
- Great Plains Nature Center

## Northeast Georgia Mountains

- Small-town charm
- Waterfalls
- Historic sites

Enjoy your adventures! And if you find your dream home along the way, I can put you in touch with a professional real estate agent from my network across North America.

SOURCES: 1. Georgiamountains.org 2. nps.gov/lavo/planyourvisit/exploring-the-hydrothermal-areas.htm 3. assateagueisland.com 4. Mackinacisland.org 5. Visitwichita.com 6. coeurdalene.org/play/outdoor-activities/

## Spread Kindness Wherever You Go!

Kindness is contagious! Here are fun and simple ways for kids to brighten someone's day—whether it's summer break or any time of year. A small act of kindness can make a big difference!

### Scan for More Ideas



Paint Kindness Rocks



Make Dog Toys or Treats



Bake Treats for Someone



Send Care Packages to First Responders

