

# HEALTHY COMMUNITIES

*Healthy communities are built on the values of health, social well-being, and connection.*

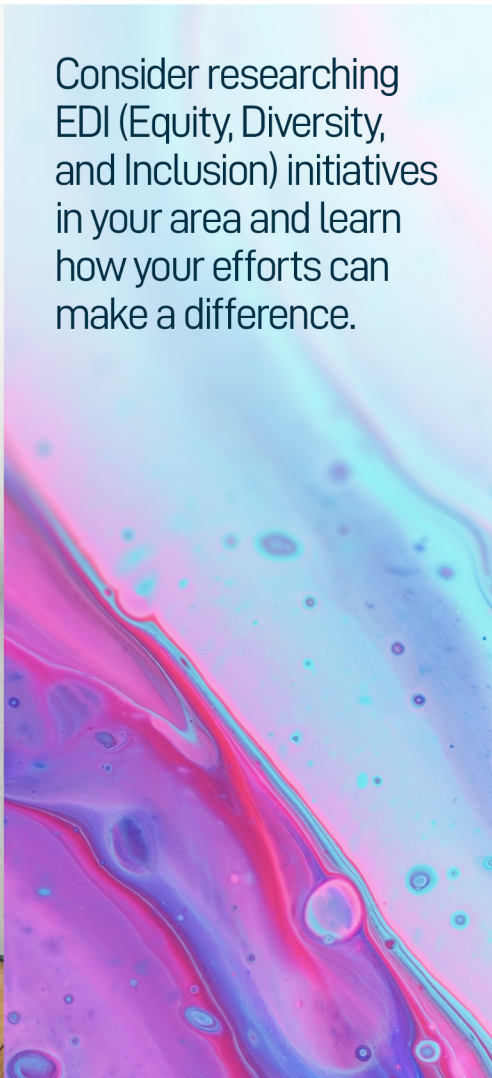


## HERE IS HOW YOU CAN TAKE ACTION TO PROMOTE THESE VALUES

Consider joining a virtual fitness session (or in person, where safe to do so) to enhance physical and emotional well-being and strengthen social connection.



Consider researching EDI (Equity, Diversity, and Inclusion) initiatives in your area and learn how your efforts can make a difference.



Consider volunteering remotely for a charity or community project and give back to your community.



### QUESTIONS?

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