

THE CARR *remote* EXPERIENCE BOSTON

Issue No. XXIV



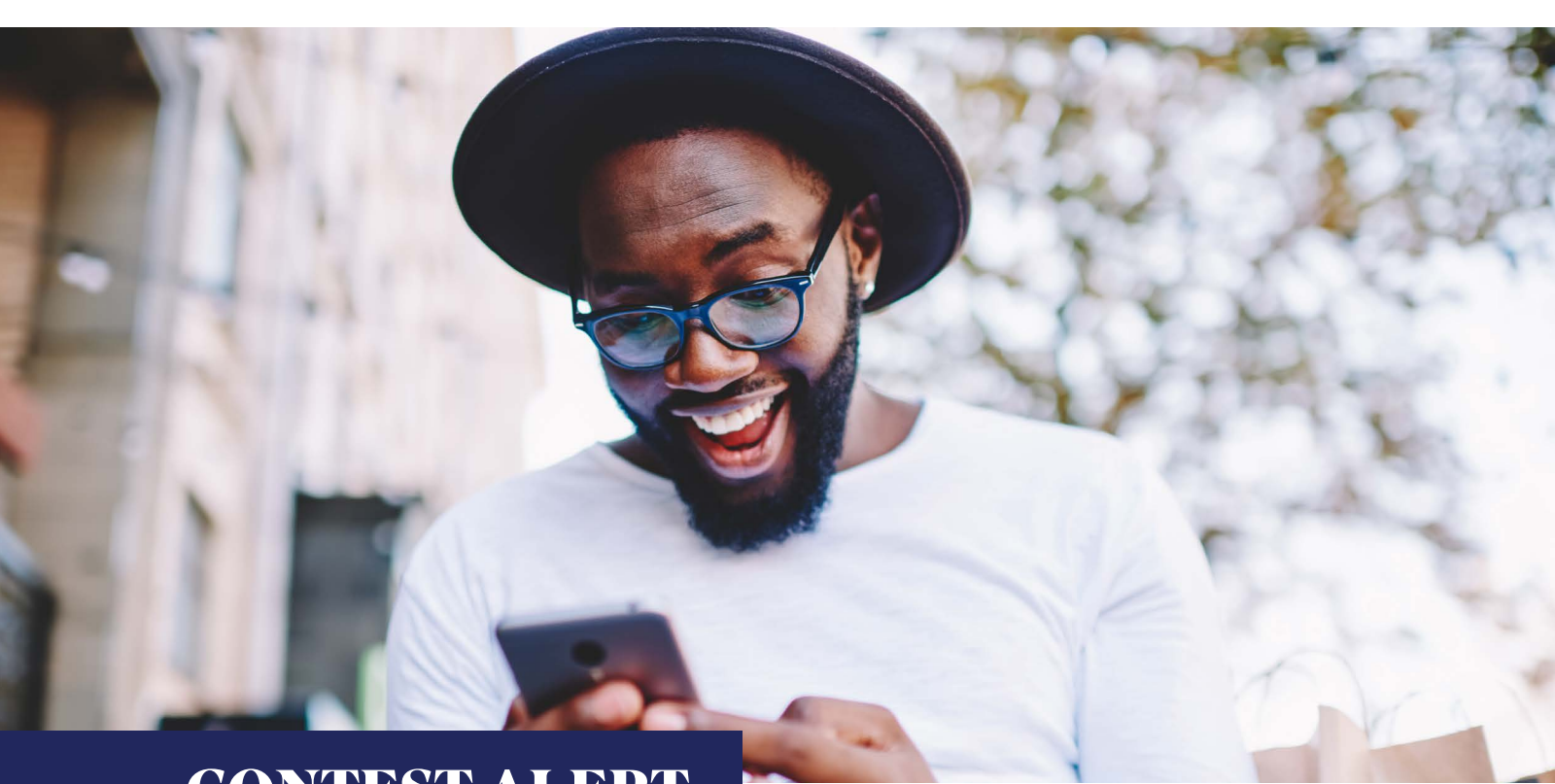
In the month's newsletter, we're sharing unique, time saving recipes for every day of the month, back-to-school tips for the kids, and a September-themed trivia contest.



FOOD FOR THOUGHT

September brings a change in season and schedules (hello back to school!), so we wanted to share [easy, 30-minute or less recipes](#) you can incorporate into your jammed-packed days!

If you have time to spare, and want to get creative with your child's school lunch, check out the [Lunchbox Dad's](#) super cool and creative lunch ideas. The [mini cucumber sea turtle lunch](#) is almost too cute to eat!



CONTEST ALERT

Introducing our new monthly trivia contest! Test your knowledge on all things September. The first three customers to answer all of the questions correctly, will win a prize.

[START NOW](#)



KID'S CORNER

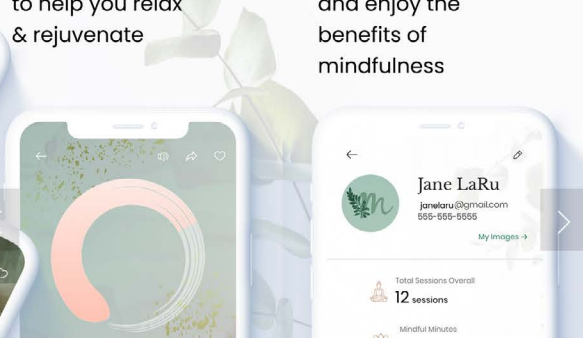
Kids may not be heading back to school in the traditional sense this fall, but nonetheless, school will be in session. As many parents take on the role of teacher's assistant this fall, we're here to help arm you with fresh and engaging activities for kids of all ages.

- Banish first-day jitters for both parents and kids with [these tips](#) for virtual learning.
- For "art class," we are loving [these rock crafts](#) from Martha Stewart, made to inspire creativity.
- Take a hike with the kids, or a stroll through your neighborhood for "gym class" and place the rock creations out and about for others to discover. Finding one of these gems in nature is sure to brighten someone's day.

The Mindful Mamas App

Breathing Techniques
to help you relax
& rejuvenate

Track Your Progress
and enjoy the
benefits of
mindfulness



FINALLY! A SELF-CARE AND
MINDFULNESS APP DESIGNED
ESPECIALLY FOR YOU.

"I was crying in the first 10 minutes
The guided meditation I was listening to seemed as though it was made just for me, in that very moment that I was experiencing with my toddler. I honestly couldn't believe it... I am truly thankful for this app, and there is no doubt in my mind that it will now be my go-to resource.

★★★★★ — Kaci B.

SELF-CARE

With new schedules, comes new routines. Make sure to carve out some time for yourself this fall, with a few of these self-care tips.

- For all of the moms out there, try downloading the [Mindful Mamas](#) app to help ease anxiety, release stress, improve sleep, and enrich your relationships.
- To help cope with those back-to-school nerves, we recommend saying [these affirmations](#) each day.
- Interested in journaling? To help kick-start the process and create your own "journal of joy," check out these [10 writing prompts for happiness!](#) After several months of journaling, take a look back and relish in your accomplishments and progress.



**BY ALL THESE LOVELY TOKENS,
SEPTEMBER DAYS ARE HERE.
WITH SUMMER'S BEST OF
WEATHER AND AUTUMN'S BEST
OF CHEER."**

—Unknown



For more information or to submit content ideas, please reach out to Trisha Joyce at tjoyce@carrprop.com.

Additionally, for real-time announcements and updates surrounding the operations and management of your building, [click here](#).

CARR PROPERTIES
HEADQUARTERS

THE HUB @ 1615 L ST NW
SUITE 650
WASHINGTON, D.C. 20036

202.303.3080
carrprop.com

