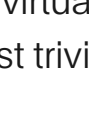


THE CARR *remote* EXPERIENCE

Reinventing the Workplace Experience

Issue No. XXVIII



In this month's newsletter, we're sharing fresh salad recipes, as well as tips and tricks on how best to kick off the New Year right with a healthy mind and body. Plus, join us for this month's virtual events and be sure to participate in our latest trivia contest!



VIRTUAL EVENTS

Mark your calendars for January's virtual event lineup. Space is limited, so make sure to RSVP today!

MEXICAN CHORIZO MAC & CHEESE RECIPE-MAKING CLASS THURSDAY, JANUARY 21 @ 6PM

The Big Game is quickly approaching, which calls for a cheat meal... or two! Join us in the virtual kitchen with Chef Bridget from [Neighborhood Restaurant Group](#), where she will demonstrate how to make a Mexican Chorizo Mac & Cheese, which is sure to score a touchdown at the dinner table.

Each participating household will receive one kit, including all necessary ingredients to complete this recipe.

Space is limited to 25 people, so please RSVP by January 13.

[RSVP](#)

THERABODY CBD WORKSHOP | THURSDAY, JANUARY 28 @ 6PM

Let's start the new year off right with [Therabody's](#) newest product line, [TheraOne!](#) Katie Shaw, Education Manager for TheraOne, will lead us through an interactive holistic approach to workplace wellness.

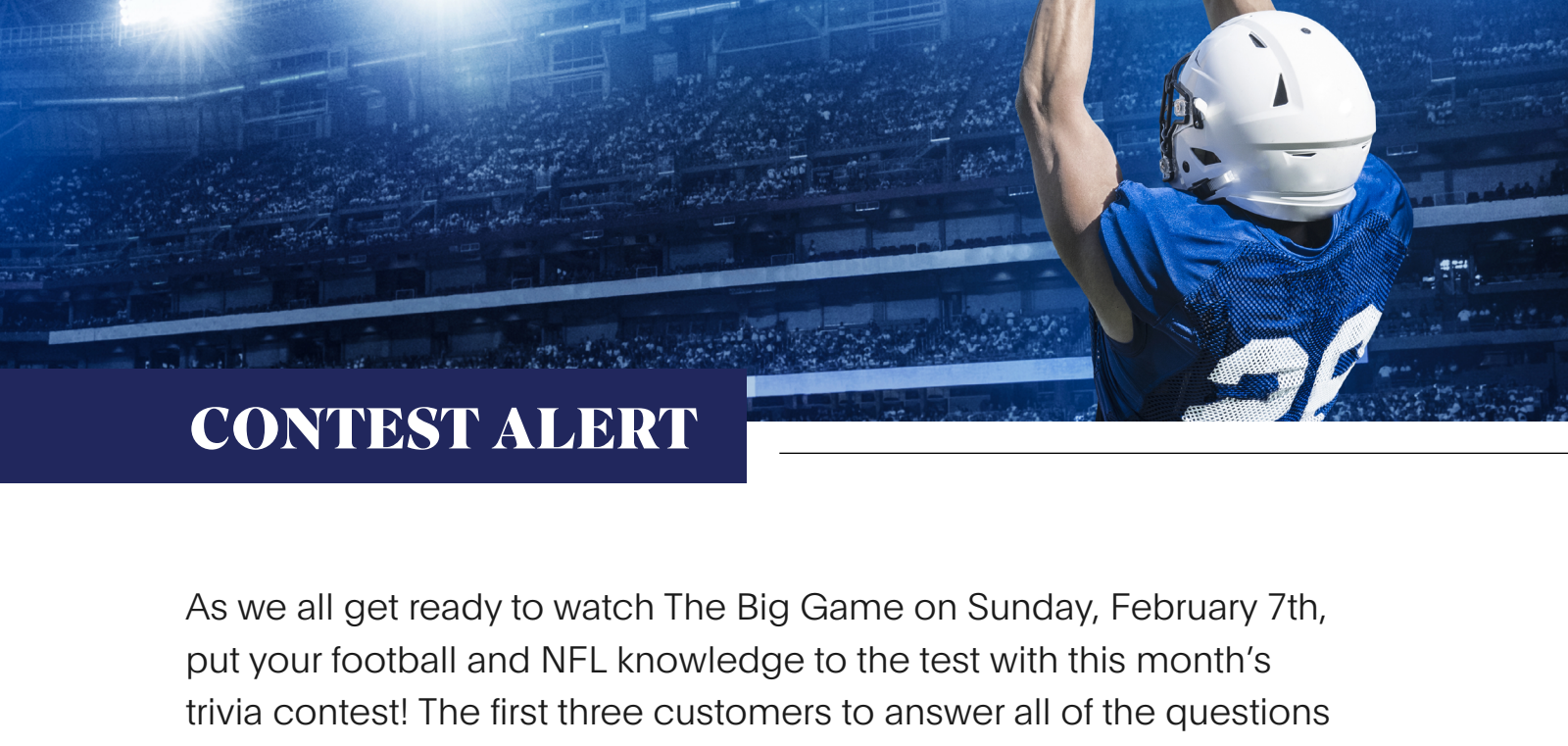
In this class you will learn the fundamentals of CBD, and how CBD can benefit you in your daily life. Participants will also engage in a TheraOne stretch break to help alleviate tension, pressure, and tightness, we commonly experience from sitting behind our computers all day.

Each participating household will receive one full size sample of the TheraOne Soothe Massage Oil, Revive Balm, and Sleep Tincture.

Space is limited to 25 people, so RSVP by January 13.

[RSVP](#)

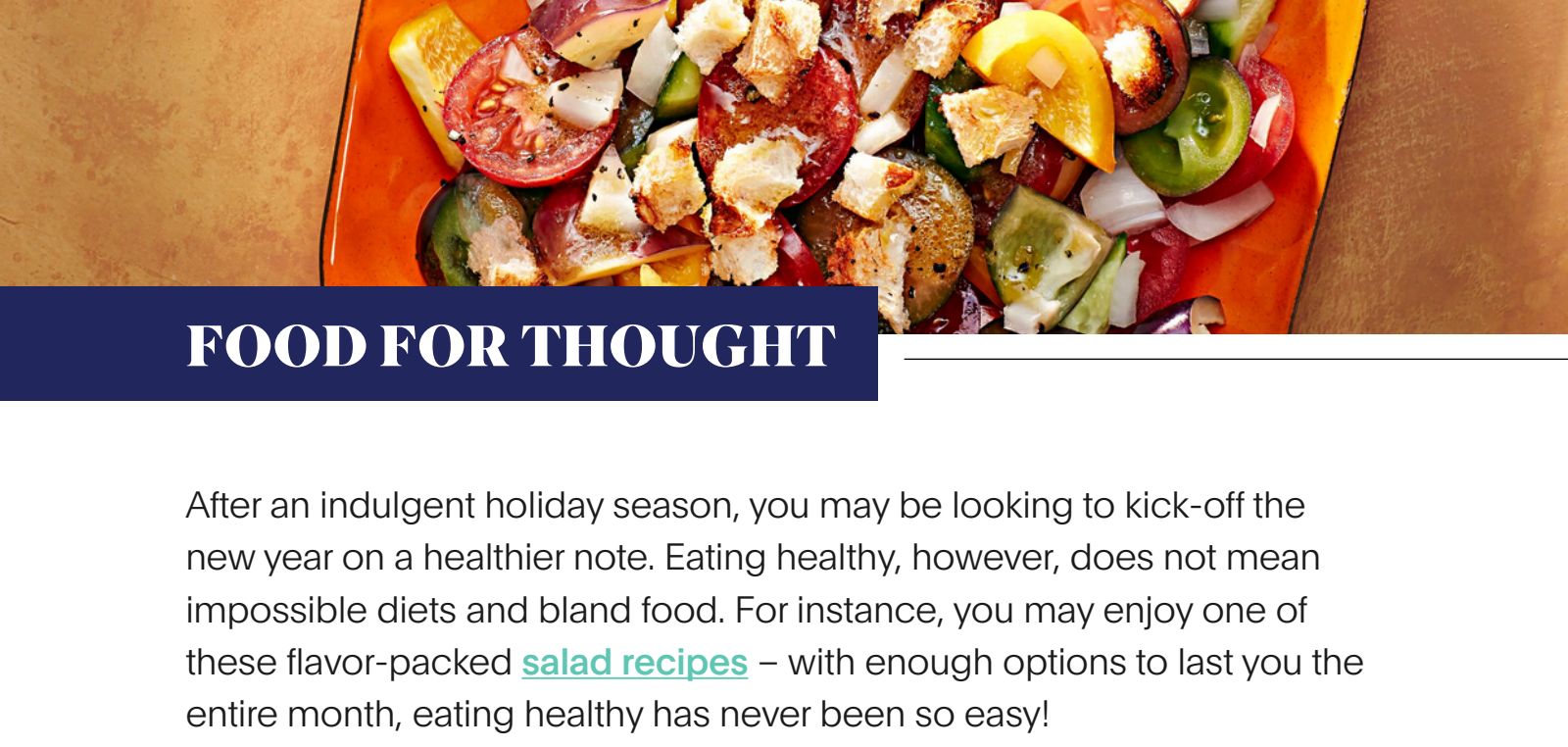
*Please note, these virtual events are for Carr Properties' customers only. If you have any questions, please reach out to Trisha Joyce.



CONTEST ALERT

As we all get ready to watch The Big Game on Sunday, February 7th, put your football and NFL knowledge to the test with this month's trivia contest! The first three customers to answer all of the questions correctly, will win a \$100 Uber Eats gift card.

[START NOW](#)



FOOD FOR THOUGHT

After an indulgent holiday season, you may be looking to kick-off the new year on a healthier note. Eating healthy, however, does not mean impossible diets and bland food. For instance, you may enjoy one of these flavor-packed [salad recipes](#) – with enough options to last you the entire month, eating healthy has never been so easy!

Looking for a salad on the go? Then be sure to try one of these easy-to-make [mason jar salads](#). Top it off with Martha Stewart's [homemade crouton recipe](#) and you'll be all set!

If salad isn't your thing, then we recommend checking out these [75 easy food resolutions](#) from *Delish* to help tackle your goal of eating healthier this year!



NEW YEAR'S RESOLUTIONS

New Year's resolutions can be a great foundation to set yourself up for a successful year ahead, but sometimes we need a bit of guidance in creating our paths towards success. According to [one study](#) published in the *Journal of Clinical Psychology*, those who set New Year's resolutions are 10 times more likely to actually change their behavior than people who don't make yearly goals.

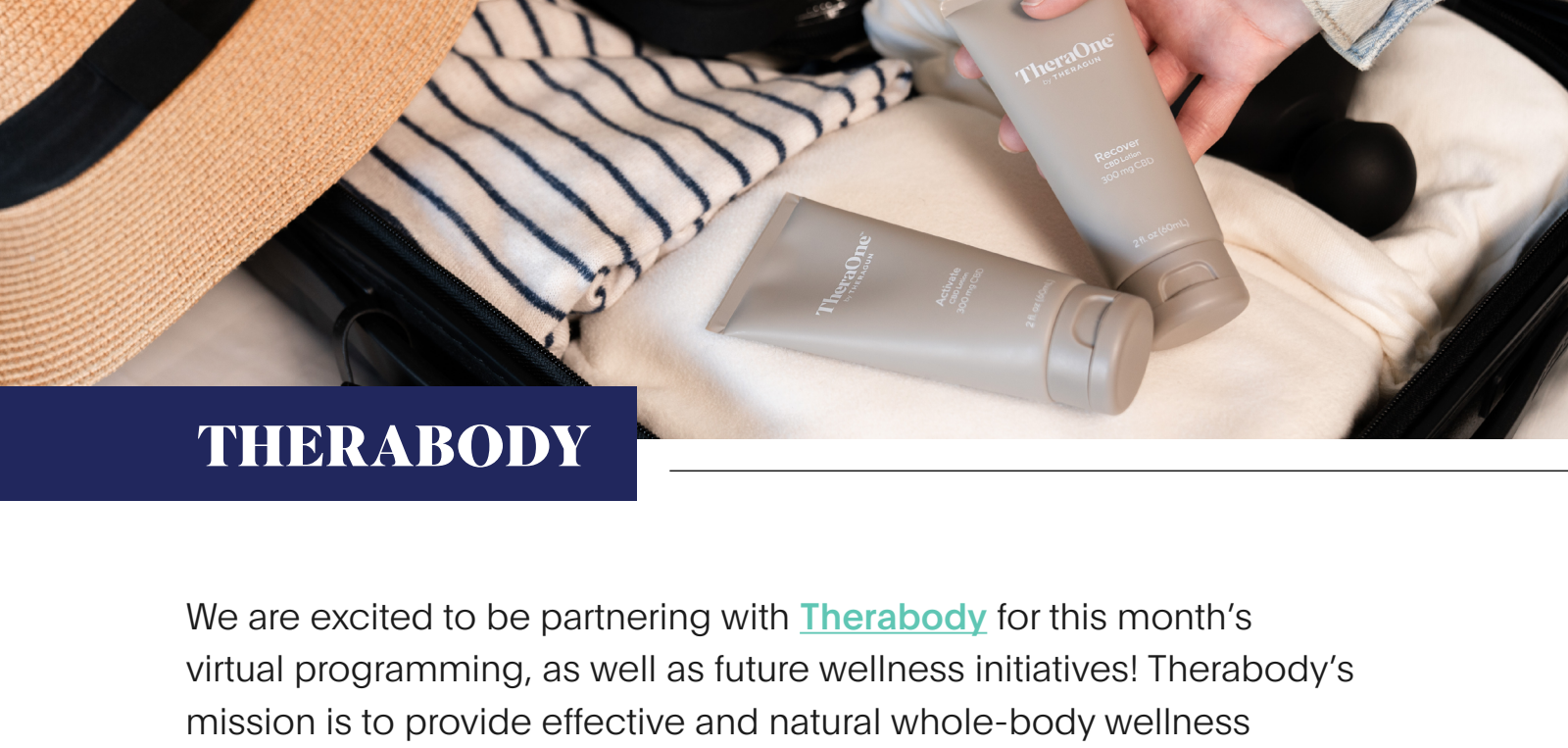
If you are looking for some inspiration when creating your New Year's resolutions, be sure to read [Good Housekeeping's extensive list of achievable resolutions](#) that will help you lead a happier and healthier life throughout 2021. Plus, you can visit our WaveOffice blog to find [clever tips on how to write New Year's resolutions that'll stick](#).



HEALTH & WELLNESS

A strong mind can help us push through many areas of our everyday life. Whether you are working towards a promotion, or training for a marathon, believing in yourself is essential. This year [how to cultivate mental toughness](#) so you can achieve your goals.

A new year can bring new challenges, but did you know mindfulness is a great tool for people that work in high-stress environments? A [16-week study](#) looking at mindfulness for executives found that meditation was able to help participants better manage their workplace stress. Learn more about the [scientific benefits of meditation](#) and check out Declutter the Mind's [guided how-to walkthrough](#) – perfect for meditation beginners!



THERABODY

We are excited to be partnering with [Therabody](#) for this month's virtual programming, as well as future wellness initiatives! Therabody's mission is to provide effective and natural whole-body wellness solutions to help people feel better and do more of what moves them.

If you aren't able to participate in our virtual event with Therabody this month, then [check out these tips](#) featuring their TheraOne CBD solutions that will have you feeling better and bringing your body back into balance in no time.

CARR PROPERTIES NEWS

As we begin this new year, our teams look forward to continuing our mission of reinventing the workplace experience throughout Washington, D.C. and Boston. With many exciting project milestones on the horizon, we are proud to share the upcoming delivery of two new developments: [The Wilson & The Elm](#) and [Signal House](#).

For all of the latest Carr Properties news, be sure to visit www.carrprop.com/news or follow us on social media, @carrproperties.



**If you can't fly, then run.
If you can't run, then walk.
If you can't walk, then crawl,
but by all means, keep moving."**
—Martin Luther King Jr.