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[HELPING HANDS: MAINTAINING WELLNESS DURING THE COVID-19 PANDEMIC](#)

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Editor's Note: *This post is part of a series of **Helping Hands** stories authored by School of Pharmacy faculty, staff, students, trainees, and alumni who stepped up to assist their family and friends, colleagues, and communities during the COVID-19 pandemic.*

The School of Pharmacy's **PATIENTS Program**, a national leader in patient-centered outcomes research, serves as a bridge between the communities that encompass West Baltimore and researchers at the University of Maryland, Baltimore (UMB).

In true PATIENTS fashion, we find a way to meet the community where they are. We are now spending more time at home than usual, and might be tempted to peek into the refrigerator more than we would like. With help from Amy Abel from Amy Abel Wellness, the PATIENTS Program's engagement team and dissemination and implementation team created a video for our community that highlights the importance of "Traffic Light Eating." We posted the video on Facebook on May 1, reaching more than 1,300 people and gaining approximately 700 views. The PATIENTS Program is continuing its efforts to bridge the gap between the research and the community we serve.

We hope you will like and follow our page, as we continue to bring content to uplift our spirits and bring us together. You can **view our "Traffic Light Eating" video here**.

To learn more about The PATIENTS Program, please **visit our website**.

Helping Hands: Connecting with My Cancer Patients
Helping Hands: Pharmacy to the Rescue

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