

Wellness Services

April Wellness Bulletin

Keep some “Old School” Health Habits

Fitness and nutrition trends have evolved from decade to decade but revisiting some “old school” habits can be good for your health.

Discover which habits to keep and which ones to forget, [in this resource](#).



Mental Health Resource Spotlight

CMHA Mental Health Week: May 6-12, 2019

Be sure to visit the [Canadian Mental Health Association’s website](#) for workplace resources this month in preparation for Mental Health week in May, and #GetLoud about what mental health really is!

Health Promotion Event Idea

Food Guide Quiz

Check out [this quiz](#) about elements of the new Canada’s Food Guide!

Your workplace could enter completed quizzes for a draw prize of your choice, or it could be completed and discussed just to start the conversation about healthy eating.



In this month’s issue,
click [here](#) to learn about:

- **How to feed your immune system**
- **DIY salsa recipes**
- **Tips to conquer stress**

Soy: The Good and Bad

People often hear about the many benefits of soy, while also coming across claims such as the possibility that soy affects fertility, or that soy increases the risk of breast cancer.

Learn more about soy and its possible effects on your health [here](#).

April Workout of the Month

Each month brings new exercise inspiration! Check out [April’s workout resource](#) featuring **moves to improve your mobility**.

Please feel free to reach out to Lauren Klacza, OASSIS Wellness Consultant for modifications.

Remember to take each exercise at your own pace and always consult with a doctor before you begin any new exercise program.

Contact Information

For more information or additional resources on any wellness topic, or for any other inquiries please contact: Lauren Klacza, OASSIS Wellness Consultant at wellness@oassisplan.com or 1-888-233-5580, ext: 310.