

Wellness Services

August Wellness Bulletin

Achieve your Summer Health Goals!



Muscle building doesn't happen in the gym—it happens post-workout, when the muscles are repairing and rebuilding. To maximize muscle gains, recovery is of the utmost importance. Check out [this month's resources](#) regarding recommendations for recovery in relation to rest, exercise, and eating.

Mental Health Resource Spotlight

Coursera Online Course: The Science of Well-Being

Coursera provides universal access to the world's best education, partnering with top universities and organizations to offer courses online. Many of the courses are free to take (you can also purchase certificates/content if you choose).

One course offered is the Science of Well-Being, taught by Professor Laurie Santos from Yale. This course engages the participant in a series of challenges designed to increase their own happiness and build more productive habits.

You can find more details about this course and others [here](#).

Financial Wellness

Financial wellness contributes to one's overall health and wellness.

The Chartered Professional Accountants of Canada have created a questionnaire to help people understand money basics and how they might apply in your life.

You can check out the questionnaire [here](#).



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

- Starting a meditation practice
- Summer Salads
- Top Vitamins and Minerals for kids

August Workout of the Month

Each month brings new exercise inspiration! Check out [August's Workout of the Month](#) featuring recovery exercises using a foam roller.

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.