

Wellness Services

December Wellness Bulletin

Stress Less this Holiday Season

The list of things to do before the holidays can seem overwhelming, and the demands and requests for your time over the holidays can put a strain on your mental health.

[Check out this month's resources](#) that offer coping strategies for the holiday season.



Health Resource Spotlight

Gut health is currently a hot topic in the wellness industry. To sort through an abundance of information on the topic, [this recently recorded webinar "Healthy Gut, Healthy Body"](#) is a helpful resource. Enjoy!



December Workout of the Month

Each month brings new exercise inspiration! Check out [December's Workout of the Month](#) featuring a routine that can fit into busy holiday schedules.

Please feel free to reach out to the OASSIS Wellness Consultant for modifications.



alive@work

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

- Holiday-inspired smoothies
- Water-based exercises
- Taking time for yourself over the holidays
- And more!

New offering from OASSIS

OASSIS is pleased to share that we are now offering virtual access to registered physiotherapists with Phzio Canada, in partnership with Green Shield Canada (GSC).

With the use of your phone, tablet or computer, you can be assessed by a physiotherapist (PT) through the secure Phzio platform at approximately 50% of the cost of in-person care.

Learn more [here](#).

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.