

Wellness Services

January Wellness Bulletin

Ease into your New Year goals

Be kind to yourself when setting wellness goals this New Year. The [following handouts](#) give suggestions on how to ditch the diet mentality, ease back into fitness, and overcome an “all or nothing” mindset.



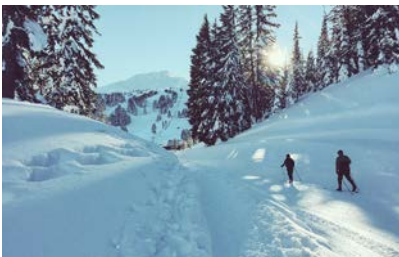
Blue Monday-January 21st

Blue Monday is a special day for people to focus on acts of kindness. It comes at a time when people might need a bit of cheering up: the gloomy, post-Christmas, back-to-work-and-school month of January.

On January 21st, **wear bright colours** to work, focus on doing nice things for those around you, or organize another cheery work event. For more information, click [here](#).

Looking for some help with goals in 2019?

What are people talking about in regards to fitness and wellness in 2019? [Check out this list](#) of top 10 wellness trend predictions.



alive@work

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

- Delicious & healthy winter greens
- Beneficial Fungi
- “Green” running

Bell Let's Talk Day-January 30th

Mental health affects us all. Join the conversation in your workplace and help Bell surpass a billion total messages of support for mental health and \$100 million in total Bell funding.

[Visit the website](#) for a conversation guide, a toolkit and more.



Contact Information

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