

## Wellness Services

### July Wellness Bulletin

#### Achieve your Summer Health Goals!

What summer goals are you setting your sights on this year? Whether it's a reading list, running a 5km race, or getting some much-needed relaxation time, make a list of what's important to you and check out [these resources](#) for more tips.



#### Mental Health Resource Spotlight

##### BEACON Digital Therapy

The BEACON program was created by CBT Associates, one of the largest mental health practices in Canada. They have developed and launched an evidence-based, digital mental health therapy program based on the proven psychotherapy principles of cognitive behavioral therapy (CBT). BEACON digital therapy may be eligible for Green Shield Canada plan members and dependents (age 16 and over) within existing mental health/counselling services coverage. Your benefits plan may cover the BEACON program in whole or in part – subject to your plan provisions.

Watch a 20-minute webinar about BEACON [here](#), or learn more from the [BEACON website](#).

#### Health Promotion Event Idea

##### Get your snacking game on this summer!

With more outdoor activities taking place as the weather improves, [use these resources](#) to promote healthy snacking before and after exercise.

Set up a table in your workplace with these handouts, and perhaps some free samples of some of the recommended foods.



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

- How to live in the moment
- Cooking with berries
- Exercises for your outdoor workout

#### July Workout of the Month

Each month brings new exercise inspiration! Check out [July's workout resource](#) featuring **portable Therabands!**

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](mailto:wellness@oassisplan.com) or 1-888-233-5580, ext: 310.