

Wellness Services

June Wellness Bulletin

Focus on Men's Health



Learn more about [overcoming weekend warrior syndrome](#), or [use this quiz](#) on important men's health issues to focus on the topic in your workplace this month.

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

June is National Fresh Fruit and Vegetable Month

There's arguably no better time of year to load up on fruits and veggies than the summer.

Help your office increase their fruit and vegetable intake by sharing [these tips](#), and consider offering healthy produce picks in your office kitchen or break room.



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

- Supporting healthy masculinity
- Energizing lunches
- Trendy plant-based waters to try

June Workout of the Month

Each month brings new exercise inspiration! Check out [June's workout resource](#) featuring a **Superman workout!**

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.