

Wellness Services

March Wellness Bulletin

Understanding Functional Foods

Functional foods offer unique health benefits that may play a role in reducing the risk of certain health conditions.

Go beyond basic nutrition and learn more about functional foods [here](#).



Health Promotion Event Idea

Meal Planning Challenge

Did you know that 42% of Canadians eat take-out or restaurant meals at least 1-2 times per week? The newly released Canada's Food Guide encourages eating more meals at home. [Use these meal planning resources](#) to help take steps to create more home-cooked meals. Make sure you share your ideas with your coworkers or challenge them to do the same!



alive@work

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

- 6 dietary myths and truths
- How batch cooking can save the day
- How to improve your emotional intelligence

Mental Health Resource Spotlight

Nutrition & Mental Health

March is Nutrition Month, and the emerging field of Nutritional Psychiatry is finding that there are relationships between what you eat, how you feel and behave and the kinds of bacteria that live in your gut. [Read more about this interesting field of research](#) and its relation to mental health.

New Workshops & Webinars Available

Looking for an onsite wellness workshop or webinar?

An updated list of workshops presented by Lauren Klacza, OASSIS Wellness Consultant can be found [here](#) with new topics added for 2019 including:

- Nutrition Trends in the Media
 - Sleep Sense
- Nutrition and Mental Health 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.