

## Wellness Services

### May Wellness Bulletin

#### Focus on Women's Health

Learn more about [self-care strategies for women](#), or [use this quiz](#) on important women'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.

To learn more about BEACON, visit: <https://info.mindbeacon.com/gsc-pmember>

#### Health Promotion Event Idea

##### Learn 2 Run

Find a fun run/walk in your area and [contact Lauren Klacza](#) to receive a Learn to Run program that you can use to build up to running 5K!

If you are interested in learning to run 10K or have any other questions, please reach out to Lauren Klacza, OASSIS Wellness Consultant.



**alive@work**

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

- **Top supplements for women**
- **DIY stress busters**
- **Amazing avocado recipes**

#### May Workout of the Month

Each month brings new exercise inspiration! Check out [May's workout resource](#) featuring a **Wonder Woman 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](mailto:wellness@oassisplan.com) or 1-888-233-5580, ext: 310.