

Wellness Services

October Wellness Bulletin

Fall into Fitness Challenge

Looking for a fun way to feel better this fall?

Contact [Lauren Klacza](#) OASSIS Wellness Consultant to receive a 4-week fitness & wellness challenge to promote to your coworkers or organization.



Mental Health Resource Spotlight

Webinar: Managing Our Mental Health

Facilitated by: **Ida Brass, Organizational Health Consultant**

Great West Life Assurance Company
October 9, 2019 1:30 - 2:30 pm (EST)

We all juggle personal, family, social, financial and work demands and most of us manage these pretty well. However any one of us could be blindsided by an unexpected incident or become overwhelmed when too many stressors coincide. Many of us spend over 60% of our waking hours working and therefore, it is so important to look after our mental wellbeing while at work and in all aspects of our lives. The more resilient we are, the more likely we can sustain through life events without damage to our mental health.

This webinar will explore resources found in the [Workplace Strategies for Mental Health](#) website to assist us with managing our mental health and utilize the [Plan for Resilience tool](#) to develop strategies for strengthening resilience.

To register, please contact Sue Holder, OASSIS Administrative Assistant at 1-888-233-5580, ext. 303 or sue@oassisplan.com

October Workout of the Month

Each month brings new exercise inspiration! Check out [October's Workout of the Month](#) featuring a fun "Turkey Burner" Workout to work off those Thanksgiving calories!

Please feel free to reach out to Lauren Klacza, OASSIS Wellness Consultant for modifications.



alive@work

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

- Brain-building exercise
- Happy-hued recipes
- Ways to fall in love with mornings
- And more!

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.