



My wellness connection

Health information and tips for Group Censeo plan members

Health and Wellness Spotlight

Caregiving: A balancing act



If you provide regular care to someone with age-related challenges, a chronic health condition or a mental or physical disability, you're not alone. According to Stats Canada, 25% of Canadians over the age of 15 have caregiving duties.
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Body Bulletin Canada

The Power of Friendship. Friendships make living more fulfilling. They play an enormous role in our lives.
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Did You Know?

Caregivers provide regular, unpaid care and assistance to a family member or friend who is sick or disabled.
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Recipe of the Month

Pumpkin Chili
 A hearty fall dish that freezes and reheats well!
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