



My wellness connection

Health information and tips
for Group Censeo
plan members

Health and Wellness Spotlight

Reducing your spending and saving more in uncertain times



Why reduce spending?

For two primary reasons, savvy Canadians will save more of their earnings during this uncertain time. The first is to help protect against inflation. The second is to protect against stock market losses. You don't want to have to draw on your stocks when they are at their lowest value. Instead, you'll want to have additional savings in another account to use, if necessary.

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Body Bulletin Canada

Thinking about your mental fitness?

Many everyday habits and conditions can impact our brain power — up or down. Memory lapses can occur at any age, and aging alone is generally not a cause of mental decline.
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Did You Know? The cost of living for Canadians is increasing faster than it has in over 30 years.

Here are some tips to reduce your spending and increase your emergency fund.
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Recipe of the Month

Chicken Sweet Potato Salad

Make use of leftover chicken with this easy salad!

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