

My wellness connection

Health information and tips for Group Censeo plan members



We're sharing the most recent version of **My Wellness Connection** that focuses on **Gratitude during the holidays**. Download this month's issue for health information and tips you can share with your employees as well as the monthly Spotlight Offer from **Citizen Tech with Style Smartwatches**.

You can also download the **2023 Health and Wellness Calendar** to support your organization's health and wellness programs.



Health and Wellness Spotlight

The benefits of gratitude: During the holidays and all year long

Gratitude is the practice of appreciating something or someone.

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Body Bulletin Canada

Looking forward in 2023 - and beyond

At least 50% of us make resolutions for each new year, and the most popular personal goals: resolving to lose weight, eat healthier and exercise more. To get started, identify the personal activities that you hope to explore to achieve better health, well-being and pleasure.

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Did You Know?

Gratitude involves being thankful and showing appreciation.

Practicing gratitude is linked to improved physical and mental health.

Click the link below for some ways to appreciate the little (or big) things.

[Click here to view online](#)



Recipe of the Month

Apple Cinnamon Oatmeal

A dairy free alternative to instant oatmeal.

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My Wellness 2023 Health and Wellness Calendar



We offer easy-to-use health promotions tied to specific health risk drivers, supplied as part of your People Corporation wellness program.

Targeted initiatives will be provided throughout the year that tie in with the monthly theme to further support your employee health and wellness efforts.

[Download the 2023 Health and Wellness Calendar](#)