



My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Healthy Holidays**. Download this month's issue, along with the Bonus Article on Healthy Eating for the Holiday Season for health information and tips you can share with your employees.

English Version: [My Wellness Connection](#)

Bonus Article: [Nourishing Your Body and Soul Healthy Eating for the Holidays](#)



2024 Health and Wellness Calendar

We share health information and promotions related to specific risk factors that are provided as part of your wellness program. Download the [2024 Health and Wellness Calendar](#) for a list of monthly topics and free webinars offered throughout the year!

Get Well. Stay Well. Live Well.



Questions? Please contact info@groupecenseo.com

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