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My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Physical Activity**. Download this month's issue for health information and tips you can share with your employees.

[My Wellness Connection](#)



Complimentary Webinar

Phases of physical activity

September 24th, 2024 | 12pm - 1pm EST

[Register Today!](#)

Where you are at in your physical activity journey can change throughout various life stages and is influenced by many internal and external factors. It is well-known that physical activity is important for overall health and well-being and is closely tied to chronic disease management. During this webinar, we will explore the various stages of physical activity readiness while reviewing how the body can adapt to hard things, once you get started. Practical tips and ideas on how to get active will be shared during this interactive session.

Learning objectives - at the end of this session, participants will be able to:

- Understand type and quantity of physical activity needed for optimal well-being
- Relate to common hurdles to being physical active at various life stages
- Take away simple, effective ways to get started with physical activity



Honouring and Healing: Understanding the National Day for Truth and Reconciliation

September 30th marks the National Day of Truth and Reconciliation in Canada. The intention of acknowledging this day is to help people learn, understand and heal. By doing so, this day has helped many people learn about the

unfair treatment and hardships faced by Indigenous peoples in Canada. This includes the history of residential schools, where Indigenous children were taken away from their families and forced to give up their cultures.

[Click for full article](#)

[Learn more](#)

GET WELL. STAY WELL. LIVE WELL.



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