

Wellness Services

February Wellness Bulletin

Understanding Cholesterol for Heart Health

What does “good” cholesterol do exactly?
Can food and exercise affect your blood cholesterol levels?

Learn more about cholesterol and your health [here](#).



Health Promotion Event Idea

Test your Heart Health IQ!
[This heart health quiz](#) can be a great way to test your own knowledge or create an office event where those who complete it are entered for a heart healthy draw prize!



In this month’s issue, click [here](#) to learn about:

- Heart health myths and facts
- No-equipment cardio exercises
- Delicious dinner bowls

Mental Health Resource Spotlight

[Workplace Strategies for Mental Health Website](#)

This online resource has a variety of useful resources to encourage mental health support in the workplace:

- Suggested responses to issues such as Burnout, Grief, Resolving Conflict and more
- Wellness resources for employees such as mental health app recommendations and self-assessment tools
- Mental health awareness videos featuring real people and common struggles

New Workshops & Webinars Available

Looking for an onsite wellness workshop or webinar?

An updated list of workshops presented by Lauren Klacza, OASSIS Wellness Consultant can be found [here](#) with new topics added for 2019 including: Nutrition Trends in the Media, Sleep Sense, Nutrition and Mental Health, and more!

Contact Information

For more information or additional resources on any wellness topic; to join the workout-of-the-month club; or for any other inquiries please contact: Lauren Klacza, OASSIS Wellness Consultant at wellness@oassisplan.com or 1-888-233-5580, ext: 310.