

## Wellness Services

### November Wellness Bulletin

#### Exercise for Prevention

Check out this month's [featured information on Exercise as Medicine](#), as well as a [quiz you can use in your workplace](#) to share more information about this topic.



#### Financial Health Resource Spotlight

If your budget - or good sense - calls for spending less this upcoming holiday season, myMoneyCoach can help direct you how to reduce your holiday expenses, without reducing the fun.

Check out their 8-week Holiday Spending Plan: <https://www.mymoneycoach.ca/spending-money/holiday-spending/how-to-create-holiday-spending-plan>

#### November Workout of the Month

Each month brings new exercise inspiration! Check out [November's Workout of the Month](#) featuring a bone-building workout for Osteoporosis Awareness Month. Please feel free to reach out to Lauren Klacza, OASSIS Wellness Consultant for modifications.



#### alive@work

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

- How to set boundaries
- Next-level holiday baking
- The stress-complexion connection
- And more!

#### New offering from OASSIS

OASSIS is pleased to share that we are now offering virtual access to registered physiotherapists with Phzio Canada, in partnership with Green Shield Canada (GSC).

With the use of your phone, tablet or computer, you can be assessed by a physiotherapist (PT) through the secure Phzio platform at approximately 50% of the cost of in-person care.

Learn more [here](#).

*Remember to take each exercise at your own pace and always consult with a doctor before you begin any new exercise program.*



#### Contact Information

For more information or additional resources on any wellness topic, or for any other inquiries please contact: Lauren Klacza, OASSIS Wellness Consultant at [wellness@oassisplan.com](mailto:wellness@oassisplan.com) or 1-888-233-5580, ext: 310.