

COVID-19 Wellness Calendar



April 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
			1	2	3	4
← Cancer – Prevent, Educate, and Support →						
5	6	7	8	9	10	11
← Cancer – Prevent, Educate, and Support →						
12	13	14	15	16	17	18
← Cancer – Prevent, Educate, and Support →						
19	20	21	22	23	24	25
← Cancer – Prevent, Educate, and Support →						
26	27	28	29	30		
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Cancer – Prevent, Educate, and Support

This month's theme will provide you with resources on prevention and screening along with resources for those who are living with cancer or have been affected by it.

We encourage you to check out It's My Life! an interactive, evidence-based tool. It teaches you how 16 factors affect your risk of getting cancer and how you can reduce your risk by making simple changes.

- [It's My Life!](#)

The following resources are also available to help:

- [Prevent and Find Cancer Early](#)
- [Your Screening Game Plan](#)
- [Self-Care for the Caregiver](#)
- [How you can support a friend or coworker living with cancer](#)
- [Talking to Children About Cancer](#)
- Free Wellness Coaching is available to help you reach your wellness goals. Learn more [here](#).

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

Workplace Options EFAP

(Canada)

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

AlternativesEAP

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play

Contact your Regional HR Partner for more support.

Black & McDonald has launched a **new COVID-19 website**, <https://blackandmcdonaldhealth.com> for our employees.

Please visit the website for up-to-date information on COVID-19, all staff messages from our CEOs, and variety of resources to support the health and wellbeing of our employees.

Learn more about this theme [here](#).