

COVID-19 Wellness Calendar



August 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
2	3	4	5	6	7	8
Physical Activity for the Whole Family						
9	10	11	12	13	14	15
Physical Activity for the Whole Family						
16	17	18	19	20	21	22
Physical Activity for the Whole Family						
23	24	25	26	27	28	29
Physical Activity for the Whole Family						
30	31					
Physical Activity for the Whole Family						

Physical Activity for the Whole Family

This month's theme will provide information on the benefits of getting you and your family moving and tips and ideas on how you can do it!

Listen to Wendy Suzuki's TED Talk called "The brain changing benefits of exercise" [here](#).

Check out more resources below:

- [Tips to Get Physically Active](#)
- [How to Start Working Out After a Long Break](#)
- [Making Fitness Fun](#)
- [Find a Walking or Hiking Trail Near You](#)
- [Support Healthy Movement Behaviours in Kids](#)
- [Active Family Pledge](#)

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

- 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

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](#).