

COVID-19 Wellness Calendar



March 2021

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
Nutrition: Eat Good, Feel Good						
8	9	10	11	12	13	14
Nutrition: Eat Good, Feel Good						
15	16	17	18	19	20	21
Nutrition: Eat Good, Feel Good						
22	23	24	25	26	27	28
Nutrition: Eat Good, Feel Good						
29	30	31				
Nutrition: Eat Good, Feel Good						

Nutrition: Eat Good, Feel Good

This month we challenge you to drink more water. Being well hydrated can help you work to your full potential, feel healthier, and feel more energized. In addition, making water your beverage of choice will reduce your intake of sugary drinks such as pop, juice, and sports drinks.

- [Hydration Challenge](#)

The following resources are also available for you:

- [6 things you can learn from the new Food Guide](#)
- [Chow Down: How a healthy, balance diet can improve your mental health](#)
- [How to curb emotional eating](#)
- [How to spot added sugar in your food](#)
- [How to talk to your kids about marketing](#)
- [How to decode the nutrition label](#)
- [Connect with a Wellness Coach for Free \(Workplace Options\)](#)

Don't forget to check out [Canada's Food Guide](#) or the [Dietary Guidelines for Americans](#) for reliable information and resources and delicious recipes.

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: BMWCare
- 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.

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