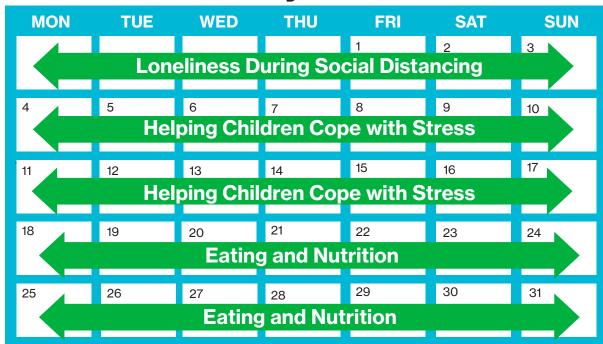
## **COVID-19 Wellness Calendar**



### May 2020



### May 18 to May 31 - Eating and Nutrition

To kick off the theme for the next two weeks we have provided to you a video produced by CBC. You can access this video at any time via the link below.

https://www.youtube.com/watch?v=Dr7QjxPQdGc

In addition to the video we also have the following resources available to you:

- 5 Tips for Grocery Shopping During COVID-19
- Maintaining a Healthy Diet during the COVID-19 Pandemic
- Support Your Health With Nutrition
- Teaching Kids to Cook
- Healthy Eating Inspirations
- Connect with a Wellness Coach for Free (Workplace Options)

Learn more about eating and nutrition 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@resourcesforvourlife.com
- Visit <a href="http://ca.resourcesforyourlife.com">http://ca.resourcesforyourlife.com</a>
  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**, <a href="http://blackandmcdonaldhealth.com">http://blackandmcdonaldhealth.com</a> 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.