

COVID-19 Wellness Calendar



May 2020

MON	TUE	WED	THU	FRI	SAT	SUN
← Loneliness During Social Distancing →						
4	5	6	7	8	9	10
← Helping Children Cope with Stress →						
11	12	13	14	15	16	17
← Helping Children Cope with Stress →						
18	19	20	21	22	23	24
← Eating and Nutrition →						
25	26	27	28	29	30	31
← Eating and Nutrition →						

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@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**, <http://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.