

COVID-19 Wellness Calendar



November 2020

MON	TUE	WED	THU	FRI	SAT	SUN
2	3	4	5	6	7	8
Physical Activity During the Winter						
9	10	11	12	13	14	15
Physical Activity During the Winter						
16	17	18	19	20	21	22
Physical Activity During the Winter						
23	24	25	26	27	28	29
Physical Activity During the Winter						
30						
Coping with Holiday Stress						

Physical Activity During the Winter

For this month's theme, we are providing you with a website that offers you a diverse selection of health and fitness videos you can use in the comfort of your own home. These videos are free and available to you at any time. Find videos on yoga, dance fitness, kid's activities and many more. You can access the website here:

- [YMCA Health & Fitness Videos](#)

In addition to the health and fitness videos, we also have the following resources available to you:

- [Physical Activity and your Health](#)
- [Why Cold Weather Shouldn't keep you Indoors](#)
- [11 Ways to Stay Active in Winter](#)
- [Establishing a Winter Exercise Plan](#)
- [Ten Health Benefits of Walking in Winter](#)

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](#).